RAW PALEO-PRIMAL

learn to live a NOURISHED *life*

MELISSA HENIG

THE QUEEN OF RAW

Raw Paleo-Primal

The Raw Everything Diet

From Raw Vegan to Raw Paleo-Primal

Health Perspectives and Raw Recipes for:
Paleo - Primal - Ancestral - Traditional

Melissa Henig
The "Queen of Raw"
www.rawpaleo.com

Over 100 Recipes for Energy, Beauty, and Strength
Includes: Traditional Bone Broths
Tips and Remedies
Melissa's Daily Food Plan

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Dedication

I dedicate this book to my wonderful Mother who started me on my health journey at the early age of thirteen, and still supports and inspires me daily. I thank you for all your encouragement.

The late Aajonus Vonderplanitz changed the way I look at food. He was a true pioneer in the area of raw food. His dedicated work has healed numerous diseases and changed countless lives. Thank you for paving the way with all your hard work and passion.

Kippy Miller's intuitive nature, kindness, and generosity have been a gift to me. I've learned many health facts, tips, and tricks from Kippy. Thank you kindly.

Max Wolf's dedication to the raw lifestyle is truly inspiring. I'm in awe of his recipes and kitchen skills. Thank you!

Brooke Rewa's entrepreneurship, dedication, and hard work inspire me daily. Keep on going sister.

Ruthie Paniagua, I thank you for your all-around and unconditional support.

And last but not least, a dear friend, Anthony Farano, who is a genius in the kitchen and can meet a need before it's seen. I learned many recipes and skills from his intuitive knowledge and culinary gifts. Much gratitude!

Preface

Melissa Henig is a master chef in my world! Her raw butter pie has no equal. It is light, fluffy, buttery, sweet, not cloying, and just right. Melissa loves raw fat, and has not an extra ounce on her own body–she knows raw fat does not make you fat, but cleanses, heals and soothes the nerves, is used by every cell in the body to make their cell wall, and makes you satisfied. Raw butter is the best fat: it is absorbed by the stomach rather than the intestine, and therefore needs no bile. It lubricates the joints, softens and hydrates the skin (and the gut lining, which is skin cells also), softens hair, and tastes fantastic.

Melissa also takes raw bone marrow, another amazing fat, and creates delicious mousse desserts with chocolate, strawberry, and various other flavors. She makes eating fat fun and tasty! Even better they're good for you. When you love what you eat, it is absorbed and used even better. When you are happy, you get healthier! It's important to have fun and tasty food in your life, especially when you are avoiding the terrible changes made in the food available at your local bakery and grocery.

So eat right, organically grown or better, only non-GMO foods (which means NO high fructose corn syrup or most processed, prepared foods) and eat the food our bodies evolved to eat: uncooked, unheated, raw, fresh food. Including raw milk and milk products (which are mostly higher in good bacteria), raw meat, raw fats, nuts and seeds, as well as leafy green vegetables and others you can eat raw, and finally fruit (with fat to slow down the sugars, like avocado or raw whipping cream. Yum!). Cooked food is a relatively recent fad, learned primarily to eat grains, which we cannot naturally eat unless they are sprouted. Cooking is really a way to create cities and empires. Grains were originally used to get through the winter and were necessary to feed large populations living in one location. Most of those people were slaves or little better than slaves, serfs or workers. Cooked food keeps them functional, but not optimal. Meat was reserved for the wealthy.

All cultures have raw meat dishes. They all have a history of eating raw eggs, raw milk, raw cheeses, yogurts, and kefirs. Until we were filled with lies about how much better it is for us to cook our meat well done, most people liked their meat rare. In Texas it was almost a crime to do more than wave your steak over the barbecue.

Cooking today is required because of the poor farming and meat packaging practices. Animals are fed unnatural feed, which makes their bodies acidic, and they are partially sick all the time (like humans who eat "regular" food). We have man-made and man encouraged bacteria and viruses, created by feeding low levels of antibiotics to keep the animals from having fevers and being unwilling to eat, and cover up that they are sick. Good news is there are many farms who know how to raise healthy animals without antibiotics or vaccines (Polyface Farms). Even better, poor land can be reclaimed and restored using these farming methods (see Alan Savory and Holistic Management International). We can feed far more people with these sustainable farming methods, which produce healthy, safe food, than with the push for vegetarian food which depends on giant food conglomerates and GMO seeds.

Eat right, and eat delicious food! Melissa can show you how!

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WARNING / DISCLAIMER

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A Note for the Reader:

I chose the title Raw Paleo-Primal because I found that my body thrives on a raw omnivore diet that includes raw meat (paleo) and raw dairy (primal). I also include traditional foods like bone broth, but mainly focus on all types of raw foods. At other times my body craves only watermelon and fresh fruit for several days.

I wrote this book for the paleo devotees who want to be introduced to the raw aspect of this amazing diet. The raw primal dieters and curious raw vegans may also benefit from this knowledge. Also for anyone that wants to take their health to the next level.

Raw Paleo-Primal is the culmination of 15 years of my quest for optimal health. At times, it has felt like walking through a forest meadow and at other times, like scaling a mountain. There are as many paths to health as there are people on this gorgeous planet – that's what makes life so interesting for me. I'm a living testament to the fact that Raw-Paleo Primal works for me; however, another diet may work even better for you. It's always advisable to keep an open mind and experience all diets for yourself.

I support only ethical, organic, and sustainable animal husbandry. Supporting healthy and happy farms decreases the demand for stinky, inhumane, and putrid factory farming practices.

I believe that we're all a part of the circle of life; that life isn't possible without death. I cherish and am grateful for the sacred gift that animals give us with their flesh. I nourish myself with the exact amount of raw meat my body needs, and no more. Every person is unique and needs different amounts of meat for healing and regeneration during various periods.

No matter where you are on your journey, from the bottom of my heart, I wish you everlasting health.

Love, Melissa Henig

PART ONE: A New Understanding of Food

1. From Raw Vegan to Raw Paleo-Primal

A few years ago my mother and I were having lunch in sunny Venice, California. Later that afternoon I received a call from her saying how beautiful I looked. She had noticed that my cheekbones had become more prominent thereby making me look younger and more beautiful. I replied, "Thank you, the credit goes to my raw paleo-primal diet."

For several years I've provided my raw omnivore foods for sale at local farmers markets. My customers have commented about how my skin glows and how toned my arms are. Some even ask if I've lost weight. "What's your secret?" they ask. I simply tell them that I've been eating one pound of raw grass-fed butter weekly, while also removing carbs, white bread, gluten, and processed sugar from my diet. You wouldn't believe the looks I get when I tell them how much raw butter I eat. I love the shock value, and the butter. Raw butter was the enjoyable "bridge" to my raw paleo-primal lifestyle.

The Beginning: Raw Vegan Diet

I grew up in a health-conscious home drinking carrot juice and eating plenty of salads. A radical shift came five years ago when I saw a sign posted at my local health food store about a raw food class. It sparked my interest and I quickly signed up. I was so inspired after attending that class, I dove head first into the raw vegan diet.

My new raw vegan diet meant that I eliminated all commercial oils, factory farmed foods, non-organic foods, grains, legumes, processed foods, and refined sugars. I felt so energetic and healthy from eating the fresh live foods. Life seemed great with my newfound energy.

About one year later, to my surprise, I started to lose all that wonderful energy. What a disappointment! I later started noticing symptoms of malnutrition. My nails were becoming brittle and sometimes even chipped off. I started experiencing muscle loss, gas, anxiety, and toothaches. I was

always cold and hungry. I felt like a balloon; voluminously full, but nutritionally empty. Raw vegan got me on the right path, but now I definitely knew that something was missing.

I used to binge on large amounts of dates trying to satiate myself, which in turn adversely affected my teeth. But to no avail, the hunger would not go away. I then also started to have mood swings from the excessive date sugar. So I ditched the dates and started eating raw nuts of all kinds. I soon discovered I was having a difficult time digesting the nuts. Later I learned that nuts contain high levels of phytic acid and omega-6 fats – two culprits notorious for causing inflammation in the body.

Something needed to change, and very quickly. My answer came in the form of Rawesome, a local raw omnivore food store in Venice. At this point I was still eating a raw vegan diet and was shopping at Rawesome for my veggies, raw honey, dates, raw oils, and some coconut water kefir. However, there were so many more delicious goodies in this unique shop. Oh… I was missing out on the land of milk and honey.

I shopped at Rawesome twice weekly and starting speaking with my fellow shoppers about health. Rawesome had a table with non-vegan samples, which one day I timidly tasted. After several weeks the local folks introduced me to the raw primal diet, which included raw meat and raw dairy. I could easily relate to the raw aspect, having lived on raw vegetables for a year, but raw meat seemed like a bit of a stretch. Eager to improve my vitality, I remained intrigued and open-minded. Life is much tastier and fulfilling when I'm open-minded… mmm raw banana cream butter pie!

While continuing my quest for health I learned that the fat-soluble vitamins A, D, E, and K were missing in my current vegan diet. Iron, zinc, and raw cholesterol were also missing. Sure, I was getting vitamin K1 in green leafy vegetables, but I was missing out on vitamin K2, found in raw animal fats such as butter, milk, and cheese. Vitamin K2 has the ability to direct calcium to where it's needed in the body, such as the bones and teeth. It also plays an important role in growth, facial development in children, and protection against calcification of the arteries.

One of the most important things I learned is that our brain and nervous system require fat in order to function. On the raw vegan diet I had been starving my nervous system of these healthy raw animal fats. This may explain the ungrounded feeling and anxiety that I was experiencing.

My deficiencies, and hence cravings, were so intense that when I first started eating raw butter, I couldn't seem to eat enough. It tasted and felt so good.
Within two weeks of including raw dairy in my diet, I felt wonderful changes in my body. I felt happy, strong, satiated, and nourished. I noticed my nails getting stronger, my cravings for food going away, and I slept better. This diet is so nutrient dense and satisfying that I periodically have to remind myself to eat. What a relief not to have to force mounds of kale into my body, and still be hungry.
Raw butter has made my skin soft and lubricated my joints. The raw milk has strengthened my bones and teeth. The raw meat has added muscle mass to my entire body making it look younger and tighter.

I get healthier and stronger each day by eating the ancestral way.

Three Ancestral Diets

1. The Primal Diet

The Primal Diet by Aajonus Vonderplanitz[1] is a raw diet for omnivores. On this diet people focus on eating raw dairy, raw meat, and green juice. Many people come to the raw primal diet after trying numerous eating programs, drugs, and supplements that have not worked. Mr. Vonderplanitz successfully healed himself of ADD, autism, blood cancer, and bone cancer. He also helped hundreds of people heal from potentially terminal conditions, which are documented in his book titled *We Want to Live*.

2. Weston A. Price

Weston A. Price, DDS was a successful dentist in the early 1930s who studied numerous traditional cultures, and found that they all had great

health. Over time he observed similarities in foods eaten by these healthy cultures.

In his book, *Nutrition and Physical Degeneration* [2], Price found that these healthy primitive people mainly lived on animal fat, animal protein, organ meats, and raw dairy. He found that the diets of healthy, non-industrialized cultures contained at least 4 times the amount of minerals of the Standard American Diet. Their diets also contained 10 times the amount of water-soluble and fat-soluble vitamins in industrialized nations. These nutrients (vitamin A, vitamin D, and vitamin K2) are almost exclusive to animal fats.

These ancient cultures valued animal fats as a necessary requirement for great health. Interestingly, they were free from modern-day chronic diseases, dental decay, and mental illness. Healthy, strong, and attractive was the norm with these peoples.

Dr. Price also observed that after eating modernized, processed, nutrient-depleted foods, these cultures developed skeletal deformities. The common distortions were narrow hips and shoulders, a narrow face, loss of cheekbones, receding chin, constricted nostrils, small jaw, and narrow dental arches with overcrowded teeth.

Dr. Price additionally discovered that chronic undernourishment resulted in ailments such as reproductive disorders, obesity, diabetes, and heart disease. He also noticed that each generation was sicker than the previous one.

Dr. Price believed that undernourished children had clinical mental issues that led to pathological mental disorders in adults. He found that when undernourishment spanned several generations, moral degradation started to increase. This spiritual erosion has become increasingly common in the modern world.

It’s time to get back to eating the way our ancestors ate, so ditch the “poison in pretty packages” such as the low-fat, sugar-free, and no-cholesterol foods.

You'd have to drag me kicking and screaming to take me away from my raw paleo-primal foods.

3. The Paleo Diet

After studying the above two diets, I became drawn to the paleo diet. I discovered that our ancestors must have known what they were doing due to their strength and disease-free bodies. Hunters and gatherers, who ate predominately protein and raw fat, are known to have been physically fit and healthy. I realized that I was already eating close to the paleo diet, however in a raw form. I was also including a fair amount of raw dairy and green juice in my daily menu. Unlike modern-day humans, our ancestors controlled gene expression by following a natural diet and having a healthy environment. (3) Today you can regain your health through a healthy diet and clean environment too.

The Outcome: Raw Paleo-Primal Diet

This diet is a culmination of my experience with my four prior diets. I took knowledge from each diet and now eat a raw everything diet. I listen to my instinct to guide me towards how much and how often I need to eat each food. I saw the best results and took my health to a new level once I started incorporating raw paleo-primal foods. I'm so happy with my raw paleo-primal diet because it gives me the necessary building blocks for strong bones, mental clarity, and a healthy body. Throughout the day I feel totally satisfied and happy.

I want to let you know that I occasionally eat cooked food, and that it's important for you to incorporate the raw paleo-primal foods at the level that you're personally comfortable with. It's generally accepted that our ancestors ate both raw and cooked foods. I passionately believe that raw paleo-primal foods have higher healing qualities because their delicate molecules have not been damaged by heat or processing.

2. Why Raw Paleo-Primal

Hippocrates, father of modern medicine, is known to have said, “Let food be thy medicine and medicine be thy food.” I agree fully. Let’s eat real foods and ditch the pills, powders, and potions.

After extensive research, Dr. Weston A. Price found that many traditional cultures have instinctively known about the benefit of raw paleo-primal nutrition. It just makes sense to eat what disease-free people have traditionally eaten. The diets of these healthy non-industrialized people did NOT contain refined foods or any processed ingredients. They did not use canned foods, low-fat milk, hydrogenated vegetable oils, protein powders, synthetic vitamins, additives, or colorings.

I’ve come to realize that to denature nature is unwise. Raw paleo-primal foods are typically eaten in their naturally occurring state: unheated and unprocessed. These foods are never heated, pasteurized, homogenized, irradiated, or altered in any way.

When food, especially protein, is cooked, several toxins can form. These toxins include heterocyclic amines, advanced glycation end products, acrylamides, polycyclic aromatic hydrocarbons, hydroxymethylfurfural, and lipid peroxidation. These toxins impose a burden on the body, impeding digestion and therefore health. Raw foods have a high bioavailability, meaning that the nutrients are more easily used to fulfill the body’s many functions such as cellular regeneration and healing.

Raw paleo-primal foods are able to cleanse and nourish the body, thereby helping to prevent disease. Raw foods have their naturally occurring enzymes intact, which means that they literally digest themselves. This leaves us with more energy and less of the post-meal discomforts like gas and bloating. The added bonus is that these foods are also quick and easy to prepare.

My health has greatly improved by eating raw foods. I’ve also seen many other people improve their health. I was impressed when my friend Susan, who had aching teeth with black spots on them, started drinking raw milk

and within one month the pain and black spots had disappeared. Susan's health transformation is due to the bioavailable calcium, phosphorus, enzymes, and other nutrients found in raw milk. Raw milk also contains vitamin K2, which helps prevent plaque.

It's truly miraculous how our bodies are able to regain health once the proper building blocks are in place. We are born with an innate blueprint for perfect health – let's not allow processed modernized foods to destroy our health and take away our potential and happiness.

I quickly fell in love with raw paleo-primal foods because they are delicious, satisfying, and make my whole body feel great.

<u>The Raw Paleo-Primal Foods</u>:
Raw butter
Raw eggs
Raw cheese
Raw milk
Raw dairy kefir
Raw cream
Meat tartare
Chicken ceviche
Fish ceviche
Raw organs
Raw unheated honey
Raw coconut cream
Raw fresh green juice
Raw fresh coconut water straight from the coconut
Raw soaked seeds
Raw soaked nuts
Seasonal fruit
Seasonal vegetables
Raw fresh herbs
Raw fermented foods
Traditional bone broths *cooked

<u>Note</u>:

I advocate listening to your Instinct to determine when to eat cooked foods.

These are my favorite cooked foods:
Lightly cooked bone broths
Lightly sautéed greens (use water and coconut oil, tallow, or lard)
Sweet potatoes with raw butter
Non-GMO popcorn (air popped) with raw butter
Organic meals in restaurants (avoid Canola, Cottonseed, and Palm oils)

Starting the Raw Paleo-Primal Diet:
Due to their molecular properties, raw fats, and to a lesser degree raw proteins, usher out old stored toxins from your body. Toxins include heavy metals, pesticides, GMOs, chemicals, trans fats, and all other foreign substances that are not meant to be in your body. Therefore, in order to avoid any uncomfortable detoxification symptoms I recommend introducing one raw paleo-primal food at a time.

Symptoms of excessive detoxification include: headaches, diarrhea, fatigue, nausea, muscle stiffness, skin eruptions, and general pain.

Note:
If your body does go through an excessive detox:

Stop eating the raw paleo-primal foods, and eat cooked starches such as sweet potato, sourdough fermented bread, and other cooked foods.

When eating the Raw Paleo-Primal diet with its abundance of nutrients, you will see a newfound level of health. Slightly uncomfortable detox symptoms may be inevitable, but will be worth the radiant beauty and strength later on.

3. Freedom from Labels

Generally in life, some people unconsciously restrict themselves with labels. This is also true in the type of diet they choose, which then results in cutting out entire food groups from what they eat. I have friends who put themselves into boxes that severely restrict their nutrient intake, such raw vegan, vegan, pescetarian, vegetarian, and breatharian. "I can't eat that, I'm a pescetarian." What the heck is a pescetarian anyway? I hadn't even heard of pescetarian until moving to fancy California. In my understanding these restrictive labels are eliminating too many food groups, making these diets nutritionally deficient and unbalanced.

My "label" is the raw paleo-primal diet, which includes the entire variety of raw foods that our ancestors ate. It only restricts foods that our ancestors did not eat, such as grains, which started being cultivated only 12,000 years ago. Recent research shows that humans have included dairy in their diet for the last 9,000 years. This gives me comfort in knowing that our early ancestors ate raw dairy foods.

For example, Weston A. Price wasn't able to find a single culture that thrived on a vegetarian diet, not one! He did extensive research of primitive people and found that they all had strong bones, straight teeth, easy childbirth, healthy children, and stable personalities. Naturally, their diets focused on animal products such as organ meats, raw fats, and raw milk.

A case in point is a close friend whose particular label was that of "vegetarian" for 14 years. She recently started eating small amounts of raw meat. One day when I was making raw bison tartare for lunch, she told me that she had low levels of iron and B vitamins. She also said that she had intestinal bloating, digestive problems, anxiety, and felt stressed out. I took a bite of the raw meat and told her about the numerous reasons for eating it. One is that the highly absorbable form of vitamin B12 can help with anxiety and mental clarity. She eagerly took a bite and nowadays loves eating raw meat, after 14 years being vegetarian! Monkey see, monkey do. Now she regularly orders bison tartare from me and says that her body needs it and feels great when eating it. Her new label is "I'm a vegetarian except that I

eat Melissa's raw bison." What habits are you picking up from your friends? Remember that you become like the top five people you are around, so choose wisely. In this case, my friend became a little more like me.

Another close friend who labeled herself as vegan for nine years suffered with terrible migraines and tension headaches. On her plant-based diet she obviously wasn't getting any dietary cholesterol, which is required to keep the brain and nervous system healthy. Like everyone else I've known, as soon as she introduced raw fat and cholesterol into her diet the migraines disappeared and never returned. Raw cholesterol is nature's repair substance and plays a major role in nerve health.

Recently the above friend sent me a text saying she was unable to raise her arms above her head due to stiffness and pain. She wanted to spend $200 for one visit at the chiropractor. I said, "How is he going to put cholesterol and nourishment into your cells?" I kept pleading with her to eat some raw fat and raw cholesterol. Please just eat one raw egg. Your body needs it so badly. Remember, raw food heals! "How far would your car get without oil?" Not very far. A few days later she picked up some raw paleo-primal chocolate pudding that's made from raw butter, raw eggs, cacao powder, and raw honey and the pain and stiffness improved. Raw Paleo-Primal Chocolate Pudding is an easy and delicious way to get raw eggs and raw butter into your body.

Living without a label gives you freedom of choice, and allows you to go off your diet when necessary without feeling any guilt. If you're eating enough raw fat on a daily basis and enough fermented vegetables to keep the gut flora healthy, you should be able to handle a little cooked food or "bad" food sometimes. I eat very well at home, but in social situations I do the best I can.

I have studied many people who have lived to be over 100 years old, and they all ate a small amount of food. They never overeat. Remember that quality is more important than quantity. Many centenarians claim that moving their bodies regularly with daily walks and eating small portions leads to a long and healthy life.

Know that your Instinct can guide you as to how much and how often you need to eat each food. Trust your gut!

4. Raw Fats

Raw animal fats are essential for the body and are possibly the most important of the three macronutrients (Proteins, Fats, and Carbohydrates). Fats cleanse, heal, and energize. They also deeply satisfy.

Fats lubricate the joints, dissolve built-up plaque, and provide steady fuel for our bodies. Most importantly raw fats feed the two organs that are starving in the modern world: the brain and nervous system. Raw saturated fats provide integrity to the cell wall, protect the liver, enhance the immune system, and give you strong bones.

Fats in their naturally occurring state (raw) are very necessary for the body, but when denatured (heated and processed) they can actually cause cardiovascular disease and many other conditions. All people, as well as animals, need raw fats to survive.

The fat-soluble vitamins A, D, and K2 are only found in raw animal fats and help to absorb many nutrients. Dr. Weston A. Price referred to these fat-soluble vitamins as “activators” since they work as catalysts in the absorption of minerals. This is why if I occasionally lightly cook some veggies I smother them in raw butter for proper mineral absorption and assimilation.

Raw fats are rich in vitamin A, which is known to prevent birth defects, protect against infections, produce sex hormones, promote healthy thyroid function, and enhance eyesight. My night vision is so much better since eating vitamin A-rich foods such as raw butter and raw liver pate. Vitamin A is used up in the presence of stress, fever, heavy exercise, pesticides, and chemicals. Unfortunately many people don’t recognize the importance of vitamin A.

The human brain is 60% fat, so when you eat raw animal fats you are feeding your brain, which is usually starving in people who deprive themselves of fat. Raw fats are especially necessary for proper brain development in children. Animal fats are also required for the manufacture

and balancing of hormones. It's absolutely crucial to eat sufficient amounts of raw fats for several years before and during pregnancy. Raw butter is known as a sacred fertility food.

My personal experience has shown that raw fats cleanse my body. It is well known that disease is the result of cellular toxic matter that has not been eliminated. Raw fats, especially animal, bind to toxic matter and carry it out of the body.

Below is a special drink that is inspired by health author Aajonus Vonderplanitz. Use it daily to moisturize, lubricate, and promote healthy hair, skin, and joints. It's great for relieving any kind of stiffness you may experience.

Daily moisturizing and lubricating drink

Ingredients:

- 4-6 tablespoons raw butter (let butter soften on counter for a few hours at room temperature)
- 2 raw eggs
- 2 tablespoons raw cream
- 1 1/2 tablespoon fresh lemon juice
- 1-2 teaspoons raw honey

Directions:

Add raw butter, raw eggs, raw cream, fresh lemon juice and raw honey into a Vitamix and process until smooth. Eat immediately or store in a glass jar in the fridge.

5. Eat Fat to Lose Fat

I regularly tell people that I'm on the "eat fat to lose fat" diet. This was inspired by a book of the same title written by Sally Fallon, Weston A. Price Foundation co-founder. Basically, if you don't nourish your body with enough healthy fats the way nature intended, your body will store excess fat. Filling up with the right kinds of fats tells your body that food is available, which allows your body to release stored fat.

When you consume sufficient amounts of raw fats, you may notice that you're able to go for hours without any cravings. This happens for two reasons: your nutrient requirements have been met, and your blood sugar is stable. Eating raw fats is like giving your body an "oil change" because as the new healthy fats are eaten, the old unhealthy fats are released. Your car runs more smoothly and efficiently after an oil change and so will you.

This is one of the reasons why I do so well on a high-fat raw diet. After my raw egg butter smoothie, I'm not hungry until dinner. Recently, a friend was trying to figure out how I eat so much raw fat and don't gain weight, never count calories, and I never leave myself hungry. Using his calorie counter, he plugged in what I had eaten during the day and to our surprise it only came to 1,200 calories—and we even added a little more food in case I forgot any.

I have found that when you eat very nutritionally dense raw animal fat and raw animal protein, you don't need much food in terms of bulk, and therefore consume fewer calories. Raw paleo-primal gives me the nutrition I need without all the empty excess. Little amounts of satiating whole foods is the key!

6. Friendly Cholesterol

Cholesterol has been the bad guy for far too long. Like everyone, I used to think cholesterol clogged arteries, caused heart disease, and made you fat. Once I began researching the truth about cholesterol, I realized that it's our friend and is produced by almost every cell in the body. Well, how could this be, if so many people are against it? The myths surrounding this essential nutrient have been responsible for demonizing real health foods like eggs, butter, coconut oil, and other healthy fats. Many studies [4] show no relationship between diet and cholesterol levels. There is no evidence that saturated fats and cholesterol-rich foods contribute to heart disease. As Americans have cut back on saturated fats and cholesterol, the rate of heart disease has gone up [5].

There are many factors that contribute to heart disease, such as oxidized cholesterol from heated fats, sugar, toxins, lack of collagen-forming nutrients, trans fats, lack of exercise, and poor sleep. The reality is that many factors contribute to heart disease; therefore blaming raw cholesterol found in foods is unscientific and lacking any real life evidence.

The body cannot function properly without cholesterol. This essential lipid is actually contained in every cell of our bodies. Cholesterol forms a vital part of cell membranes that serve to protect cells from toxins. When the body's cholesterol is low, toxins are able to easily enter the cells, causing a myriad of diseases. Without adequate amounts of cholesterol, the entire nervous system, including your brain, cannot function. Cholesterol is also a major component of hormones, including the very important sex hormones. A 70-year-old male friend of mine, who's been on the paleo-primal diet for 15 years, testifies that his super vital sex life is due to the liberal amounts of cholesterol that he eats. Cholesterol is so important for survival that the liver produces a good portion of this critical nutrient. The liver produces approximately 75% of the cholesterol needed, but with the burden on the liver through pollution, pharmaceuticals, food toxins, and alcohol, the body's endogenous production has to be augmented by dietary intake in order to maintain optimal health.

Cholesterol on your skin is required in order for your body to absorb vitamin D. So the next time you're sunbathing, you can rest assured that your skin cells now have enough cholesterol to replenish your vitamin D levels.

The Role of Cholesterol

1. Cholesterol is required for proper functioning of the brain. Without cholesterol, the brain is unable to transmit messages to power every organ in the body.

2. Cholesterol is needed by the body to make all the sex hormones, including testosterone, estrogen, and progesterone.

3. Cholesterol is required to manufacture DHEA, which in turn keeps the adrenals healthy, which ultimately helps you to regulate daily stress.

4. The liver uses cholesterol to make bile, which is used to help you digest fats.

5. Cholesterol functions as an unsung antioxidant, which protects you from free
radicals, thus reducing oxidation and therefore aging.

6. Cholesterol is used by serotonin receptors to release "feel good" chemicals. People with low cholesterol levels are known to be aggressive, depressed, and
have violent tendencies.

7. Cholesterol helps repair damaged cells as part of an inflammatory-repair response.

8. Breast milk is made mostly of cholesterol, which is required for proper growth,
brain development, and immune function.

9. Cholesterol helps to maintain cell integrity throughout the entire body, including
the intestines. Low cholesterol diets can lead to leaky gut.

10. Cholesterol is necessary for the body to properly use vitamin D, which is
critical for strong bones, healthy nerves, proper growth, mineral
metabolism, muscle tone, insulin production, fertility, and good immunity.

11. And possibly the most important role of cholesterol is its ability to "patch" the
walls of weakened blood vessels that would otherwise rupture causing
hemorrhages, aneurisms, and other problems associated with broken blood
vessels. Cholesterol is really a lifesaver.

Note: From a dietary perspective, cholesterol is only found in animal foods.

7. Raw Butter

"If heaven were a food, it would be raw butter."

Raw butter is made from cream, which rises to the top of whole raw milk. It is then skimmed off and cold churned. When cows graze on green pasture in the spring, summer, and fall, they produce a beautiful yellow butter that is highly nutritious. Ah, I can see the dark yellow color. Cultured butter gives you an added boost of good bacteria.

Raw butter is a saturated fat that keeps your bones strong and your skin healthy, amongst many other benefits. I'm happy to see that this traditional food has started to make a comeback at family meals. Saturated fats were once wrongfully blamed as being the cause of high cholesterol and heart disease. At that point, low-fat diets and unhealthy vegetable oils became the trend, which led us to numerous health problems.

Bad Oils

What mainly clogs the arteries are heated vegetable oils, trans fats, and all types of rancid unsaturated fats.

These unhealthy fats include margarine, canola oil, safflower oil, soybean oil, and cottonseed oil. Note that even olive oil, when heated, becomes unhealthy. These heated oils cause inflammation, hardening of the arteries, cellulite, and many other ugly problems. These oils provide hardly any nutrition, and some even contain GMOs. These oils are foreign to the body and were only included in foods after the nineteenth century. They are now found in most commercially packaged foods. Interestingly, animals in the wild won't touch margarine, but they run to raw butter.

Raw butter is rich in saturated fats, which are generally anti-microbial and have strong anticancer properties. Raw saturated fats lubricate cells, feed the brain, and protect the heart.

One of my favorite sayings is, “When in doubt, eat more butter.” Before I began my raw paleo-primal way of eating I used to have several nagging symptoms. A good friend of mine and fellow paleo-primal eater used to regularly tell me to eat more butter. He would lift the skin on my hand and say, “You’re dry. You need to eat more butter, because it keeps the skin soft.” I’d mention to him that I was constipated and he’d remark, “You need to eat more butter to lubricate the intestines.” I’d tell him that I had cramps and he would repeat that I needed to eat more butter because it supports all hormones. If ever I was feeling anxious… yep… the same was true: more raw butter. I finally I got it; I needed to eat more raw butter. Period.

I’ve seen the benefits of raw butter in many facets of my overall health. I started the raw paleo-primal diet by eating one pound of grass-fed butter per week. A couple months later as more changes took place I started incorporating more raw eggs, eating raw meat, and I began to juice and ferment all of my vegetables rather than eating them whole and raw. I soon noticed that my digestion improved, and to my surprise I also lost weight. Butter is truly a miracle food. After leveling off with what my body needed, I still eat plenty of raw fats on a daily basis, including 1/2 a pound of raw butter per week.

Benefits of Raw Butter include:

Brain Food

The brain is mainly made up of fat and cholesterol. The healthy fat and cholesterol found in butter adequately feeds the brain. One essential fat that butter contains is arachidonic acid (AA), which helps brain function and plays a vital role in brain development for growing children.

Weight Loss

The saturated fat in butter also contains conjugated linoleic acid (CLA), which is used for quick energy, fat loss, and muscle building. Butter is so rich in many satisfying nutrients that cravings disappear and appetite decreases. The nutrient-dense calories in butter will actually help you to lose weight. What a great fat!

Skin, Eyes, and Immunity

Raw butter is real vitamin A and easily absorbed by our bodies. Interestingly, the beta-carotene found in carrots is not true vitamin A; it's simply a precursor for vitamin A.

Vitamin A is good for the immune system by fighting off infection, and is essential for the thyroid gland, eyesight, and skin health. Weston A. Price noted that cultures lacking in vitamin A consumption suffered from blindness. The name for vitamin A is retinol and is found in the retina of the eye. The thyroid gland requires more vitamin A than any other organ and cannot function properly without it.

Fertility and Growth

Weston A. Price showed that when women ate a diet high in vitamin A (as found in raw butter), their children had broad faces, straight teeth, and perfect bone structure. Many indigenous cultures prized raw butter, considering it a sacred food for fertility, reproduction, and reducing pain during childbirth. Raw butter gives you the extra nutrients that are needed during pregnancy.

Suppleness

Raw butter contains the "*Wulzen Factor,"* which is only found in this form of butter. It is a hormone-like substance that helps prevent stiffness, calcification of the joints, and arthritis. This Wulzen Factor ensures that calcium is put into your bones and not incorrectly deposited in your joints or other tissues.

This special ant-stiffness nutrient is destroyed by pasteurization. When calves drink pasteurized milk they develop joint stiffness, but their symptoms are reversed when raw butter fat is added back into their diets (6).

Prevention of Osteoporosis

Strong bones require calcium, phosphorus, and silica. The saturated fat and fat-soluble vitamins (A, D, and K2) found abundantly in raw butter help to absorb the minerals required for strong bones.

Aid in Digestion

Raw butter contains a valuable fat called Glycospingolipid, which helps to prevent gut infections .

Antioxidants

Raw butter is full of antioxidants such as selenium, vitamin A, vitamin E, and cholesterol. Since antioxidants counteract free radicals, they are great for your skin, heart health, and the prevention of cancer.

Anti-fungal agent

Butter contains lauric acid, which helps remove Candida and other types of fungus from the body.

8. Raw Milk

“The land of milk and honey”
Exodus 33.3 - The Holy Bible

My mom and I first discovered the secret to health on a remote goat farm in southern California. While chugging the raw milk, we realized how much our bodies were starving for its much-needed nutrition. We couldn’t stop drinking it. We were looking at each other in awe and raising our glasses to cheers. It tasted great and we felt it nourishing every cell.

I didn’t drink milk while growing up and thank God, because it would have been factory farmed junk milk anyway. Most commercially available milk is from cows subjected to unhealthy and cruel conditions: confinement, inappropriate and toxic feed, antibiotics, and hormones. This unhealthy milk is further degraded by pasteurization, homogenization, and standardization.

Pasteurization, as far as milk is concerned, was conceived in the 1800s to kill supposedly ‘bad’ bacteria and extend shelf life. Pasteurization of milk is a bad idea because it ruins the quality of the vitamins, minerals, proteins, fats, and sugars. It also destroys all of the enzymes and Life Force in the milk. With pasteurization of milk comes numerous health problems such as osteoporosis, tooth decay, diabetes, ear infections, allergies, autoimmune disease, and gastrointestinal aliments. When you’re buying any liquid drink from a store look for unpasteurized products such as coconut water, vegetable juice, fruit juice, and all consumable products.

If pasteurization and its devastating health effects don’t make your blood boil, then homogenization surely will. It may sound crazy, but homogenization is purely done for profit. This unnatural process splits the milk fat molecules into tiny parts, thus allowing the fat to mix evenly in with the liquids and prevent a separation of the milk and the cream. Homogenization has devastating health effects. When the process was introduced, artery damage and heart disease rose rapidly. Lipid researcher Mary Enig, PhD, claims that the artificial fat globules penetrate and clog

the arteries, which then reduce blood flow and oxygen to the heart [7]. Atherosclerosis and other cardiovascular diseases ensue.

Raw milk from grass-fed animals is different than its denatured counterpart, pasteurized milk. Raw milk is real and comes straight from the cow. It is unpasteurized, non-homogenized, and not poisoned with the usual slew of artificial vitamins.

When Nature's foods are denatured, the body rejects them through allergies, sensitivities, and intolerances. People who are lactose-intolerant are really intolerant to the foreign substances created by pasteurization and homogenization. If you think you're lactose intolerant, give raw milk a try. Start with a tablespoon per day and build up.

Benefits of Raw Milk: Nature's Perfect Food

- Raw milk is a complete protein containing all of the nine essential amino acids.
- Contains healthy raw fats.
- Contains over 60 live enzymes that help you to digest the milk and prevent the growth of any bad microbes.
- Has bioavailable calcium, magnesium, phosphorus, iron, and other minerals.
- Contains natural probiotics that feed the friendly bacteria in your gut.
- Contains fat-soluble vitamins A, D, E, and K.
- Has 20 amino acids (protein) in a usable form.
- Contains Conjugated Linoleic Acid (CLA), which raises metabolism, promotes muscle growth, reduces insulin resistance, builds immunity, alleviates food allergies, protects against cancer, and decreases belly fat.

Milk Tips:

Milk is more digestible for some people when drunk at room temperature. It becomes even more digestible when you add raw honey to this room-temperature milk. To further enhance the digestibility, you can make a kefir-like drink by taking a quart of raw milk and adding one tablespoon of raw honey to it. Then place the jar into a bowl of warm water to warm up for 6 hours. Afterwards place in the fridge.

If you occasionally would like to drink cold milk that's straight from the fridge it's advisable to hold it in your mouth until it warms up before swallowing it. Remember to sip your milk and never gulp it down.

Raw Cheese Tips:

One of the many functions of cheese is to soak up toxins. Therefore whenever you're feeling nauseous, which is a sign of toxicity, eat a cube of raw cheese to bind with the toxins.

To absorb a higher percentage of minerals from the cheese, you can simply spread some raw honey on it.

A small cube of cheese eaten throughout the day will help to stabilize blood sugar levels.

Some people may become constipated when eating cheese. To help alleviate constipation make sure that the cheese contains sea salt. To further enhance this process you can eat the cheese with butter.

Kippy Miller's Raw Milk Story

Since I was 20 years old I lived in New York and worked in the fashion industry. I traveled a lot and had a fast-paced lifestyle. I ate a low-fat diet consisting of fruit for breakfast, sandwiches for lunch, and an expensive dinner almost every night. I thought it was great to have an expense account, and to eat in restaurants all over the country.

I developed headaches and learned to live with them until I was 30 years old. They soon turned into regular migraines. I would have to miss work, take hot showers, and sleep in a very dark bedroom. I would literally miss days out of my life because I could not function with a migraine.

I later moved to Los Angeles and vowed not to take migraine medication, and instead changed my diet. I found relief once I started to drink raw milk. My body finally knew what raw fat felt like. We instantly fell in love with each other. I noticed a reduction in the migraines, and after two years they became rare. The migraines would only return when I overworked my body and allowed stress to rule my thoughts.

I learned that my body was completely deprived of healthy raw fat, and that the migraines were my body's way of telling me what it needed. I hope this inspires you to think about raw milk and possibly give it a try. It saved my life, and helped me achieve a lifestyle that I love and adore.

9. Pastured Raw Eggs

Did you know that raw eggs are the original superfood? Some people even refer to them as “nature’s perfect food.” Your health would be taken to a new level if you started eating raw eggs daily. Raw eggs, in fact, are nature’s perfect fast food for many reasons. Raw eggs are easily digested and full of readily available fat, protein, and many nutrients. Raw eggs have highly perishable nutrients that will be damaged by heat. When you cook eggs, the egg proteins change in structural shape and our body isn’t designed to recognize that. Body builders have known for a long time how to build muscle by eating raw eggs regularly. I feel so good when I eat raw eggs rocky style.

The most nutrient-dense part of an egg is the yolk. You can do away with the old myth that you’re just supposed to eat the egg whites if you want to be fit and healthy. Raw egg yolks are an excellent skin moisturizer, when ingested or applied topically. These deep golden yolks manufacture many hormones, including progesterone and estrogen. The high amount of sulfur amino acid is essential for us to detoxify. The sulphur is another great and much-needed nutrient in raw egg yolks that is great for your hair, skin, and nails. I think about the detoxifying hot springs that I swim in with the high amounts sulfur in them- the sulfur smell lingers on my skin and it feels so soft.

Raw eggs are an excellent source of protein, healthy saturated fat, and good cholesterol. They also contain all of the fat-soluble vitamins: A, D, E, and K. If grass fed, they’re also a great source of omega-3. Eggs are also rich in many essential B vitamins, such as vitamin B6 and B12, which are essential for good health. Raw eggs contain folate, calcium, selenium, magnesium, potassium, phosphorous, manganese, iodine, copper, iron, and zinc.

This amazing food is rich in lutein and zeaxanthin, which help prevent eye diseases such as macular degeneration and cataracts. Eggs also contain choline, an essential brain, nervous system, and liver nutrient. Since egg whites are rich in collagen, you also get a natural “lift.”

Crack a raw egg in a glass and now you have a healthy tonic that helps to eliminate stored toxins. Raw eggs are an excellent way to detoxify due to their high amounts of sulfur. The sulphur cleans toxins out of the body and aids the body in making glutathione, which is a powerful antioxidant that helps detox the liver. The raw egg whites are a known chelator of toxins and heavy metals from your tissues. When you consume raw eggs, your body releases toxins, which then bind to the fat in the egg yolk and are easily carried out of the body.

In homeopathy and natural medicine, it is well known that "like heals like." For example, the rationale is that you're supposed to eat the organ or gland of the animal that is similar to the ailing counterpart in your own body. So if you have a compromised liver, the nutrients in the liver will help to heal your own liver. Eat brain for your brain, and eat thyroid gland for your thyroid, etc. Similarly eggs are good for your own internal eggs to help fertility. I'm approaching 36, so I eat raw eggs to keep my eggs healthy.

What is Pasture Raised?

A hen raised on pasture will live a healthier life and produce eggs with superior nutritional content. A chicken's natural diet is made up of grasses, seeds, worms, and bugs. If you've ever had your own chickens, you'll know they love vegetable juice pulp and whatever you compost.

Please know that the terms "cage-free" and "free range" can sometimes be deceptive. For this reason only purchase eggs that are organic and are pastured, grass-fed, or from a farmer you personally know.

Beware of Soy and Corn

Grass-fed chickens are usually given a supplemental feed that may contain soy or GMO corn. Both of these are toxic to chickens and people. Remember that what chickens eat also ends up in your body and could affect you adversely.

Many people who claim to be allergic to eggs are often times only allergic to the soy in the chicken's feed. The early bird catches the worm, not the soybean! Corn is fine, providing it's organic.

Is Salmonella in Your Eggs?

The salmonella scare has been grossly misrepresented. Salmonella, like all microbes, is ubiquitous. It occurs naturally in our gut, household, and is essentially all over the place. Salmonella, like all microbes, is here to perform a specific task.

One of the many beneficial tasks of microbes is to consume unhealthy tissues, chemicals, and waste in the body. Without these wonderful scavengers, unhealthy tissues would remain in the body and cause disease. We evolved with microbes and greatly depend on them. Don't fear microbes, they are your friend. They are a part of nature and we are a part of nature.

The chance of salmonella occurring in healthy chickens is very low. Studies prove that one in every 30,000 eggs contains salmonella. Salmonella problems occur in commercially raised chickens that are housed in unnatural environments and treated inhumanely. Sick chickens produce sick food. Healthy chickens produce healthy food.

Your eggs purchased directly from a farmer unwashed will have a natural bloom on them that keeps bacteria out. The bloom is a protective coating that naturally seals the shells pores and protects it from bacteria getting in. When commercial eggs are laid they are washed in chemicals removing that coating and protective barrier. They replace the natural bloom with a commercial mineral oil, which is why store bought eggs look so shiny. Unwashed fresh farm eggs can sit in a basket on your counter for weeks and still be fresh.

10. Raw Bison and Beef

Always Eat Organic Grass-Fed Meat

Factory farms are always non-organic and generally take without putting back. They feed animals an unnatural diet of corn, soybean, grains, and other foreign matter. Growing food such as corn and soybeans on a large commercial scale is devastating the land because it depletes the soil of essential nutrients and microorganisms. And even worse are the numerous poisons used in this type of farming. These poisons include fertilizers, pesticides, herbicides, fungicides, insecticides, miticides, rodenticides, bactericides, nematicides, and termiticides. These poisons go up into the air, seep into the ground, and runoff into all water killing aquatic and terrestrial life. Let it be known that each year our food, water, and air is increasingly more poisoned, making health more difficult to attain.

Organic grass-fed farming puts back more than it takes. Cows are raised on a natural diet of perennial grasses and herds are rotated on the land. Depleted soil becomes thriving grasslands after ranchers rotate the cows. Grass-fed animals are good at fertilizing the soil; they feed themselves and simultaneously spread their own manure. This saves on use of pesticides, fertilizers, herbicides, etc. Fossil fuel for the transportation of their food to the feedlots and removal of their waste are eliminated.

Many studies have shown that when cows are raised humanely by grazing on green grass and soaking up sunlight, their meat and products have a greater nutritional profile. The meat is much higher in all nutrients including omega-3 fats, vitamin E, and CLA (conjugated linoleic acid). CLA is an important fat that's known to reduce the risk of cancer, diabetes, and a number of immune disorders.

According to Michael Pollan [8] and many other authorities, cows are not designed to eat or digest grains of any kind, including corn. Feeding cows on corn is cheap, but this is as unhealthy as when a human eats Dunkin Donuts daily. I've even heard that when cows are "grain-fed," they may be consuming bakery waste.

On top of eating the wrong diet, factory farmed animals are in stressful environments, tightly packed together in dirty and nasty conditions. Imagine standing in a phone booth with three other people who are pooping and peeing… and there's no way out! These unhygienic conditions are the perfect breeding ground for nasty germs that make the animals sick. The sick animals then require large doses of antibiotics. The animals remain sick, but their symptoms are masked by the drug. Furthermore the people who eat this antibiotic-laden meat are adversely affected. Sick animals make people sick! To clean up this sick and filthy meat, agribusiness then irradiates the meat and pasteurizes the milk. These two processes simply remove nutrients from the food and add toxins to it.
The good news is that grass-fed meat is healthier for the animal, you, and the planet.

Benefits of Raw Meat

Did you know that there is no evidence anywhere that raw meat causes disease? Raw meat is actually eaten in many parts of the world. Some examples are Carpaccio in Italy, Steak Tartare in France, Ceviche in South America, Sushi in Japan, and Kibbe in Africa. Is it possible that before learning about fire our ancestors ate raw meat? Even when cooking was discovered they still ate a majority of their meat raw. Just like our hunter-gatherer ancestors, in today's world we still need to eat meat because raw meat is the easiest way to build new cells.

My first bite of raw meat was at a private food-buying club in Venice. At the time, I was still a raw vegan and one day got up enough courage to go into this little store. In the back of the store they had a table with raw meat samples. I kept hearing about the wonders of a raw paleo-primal diet and thought that nobody would see me if I quickly take a sample of the raw meat. And yes, I lived through it! It was tasty and no big deal. My body said..yes!

I was fascinated to learn that raw meat has anti-aging properties: the proteins are usable by the body for healing and regeneration. I noticed that I could very easily digest raw meat, and later learned that it was because the digestive enzymes in the raw meat are still present. Many people know that

vegetables contain enzymes, but did you know that raw meat and raw milk also have an abundance of enzymes? It also gives me such an energy boost, I no longer bruise like I used to, and I'm never left feeling too full.

I recall the time when after a long busy day, I'd go home, eat and take a nap. Well, that changed quickly after I decided to make my new favorite raw bison dish. I felt strong and full of energy. The amazing thing about raw meat is its great taste and how good I feel afterwards. I'm hooked!

If you want to build long lasting muscles that don't deflate after several days of not working out, then raw meat is the answer. Since beef is muscle, eating muscle will build muscle. I find that when I eat raw meat I can build muscles easily without working out excessively.

The amino acids (building blocks) found in raw protein are highly utilizable, unlike the amino acids in cooked meat. Raw meat is easily incorporated into human tissue and helps to regenerate cells. This keeps you healthy, youthful, and strong. When you cook meat, it alters the molecular structure of the proteins, forming heterocyclic amines (HCAs) and other carcinogens. These are dangerous toxins and have been proven to cause cancer in rats, and contribute to inflammation, Alzheimer's, Parkinson's, and arthritis. Freezing meat also denatures the proteins and is not recommended.

When the natural structure of the protein changes by heating, the meat is now denatured. Individual protein molecules in raw meat are wound up in coils and held together by bonds. When you heat the meat the bonds break and the protein molecules unwind.

Raw meat, like all raw foods, helps me to release toxins from my body. Since raw meat draws toxins out of the body, it's important to eat raw fat with the meat, which binds to the toxins that have been released. Also, the body assimilates protein more efficiently when saturated fats are present. I like to cut up little chunks of raw butter to eat with my raw meat.

The amino acids in meat protein help to increase the body's glutathione levels. Glutathione is the most powerful antioxidant made by your body. In

fact it's known as the "master antioxidant." Glutathione removes free radicals, thus detoxifying your body on a cellular level. Glutathione, and all antioxidants, protect you from oxidative stress, illness, and aging.

Glutathione supplements cannot compare to a whole food such as raw meat because supplements are isolates, and do not contain the numerous synergistic nutrients found in whole foods that assist the body to function. We are multi-dimensional beings and it makes sense to me that our bodies will recognize multi-dimensional nutrients more easily than isolates.

Raw grass-fed meat also contains CoQ10. This powerful antioxidant is good for heart health, cancer prevention, immunity, energy levels, and longevity. It also turns back the clock and increases fertility.

Zinc is found abundantly in raw red meat, eggs, and oysters. Zinc is used in over 200 enzymatic reactions in the body. Every cell relies on zinc for structure and function. A zinc deficiency causes acne, hair loss, diarrhea, rashes, brain problems, and nervous system issues. Zinc is especially important for wound healing, growth, and reducing the chances of influenza.

Omega-3 fats are found in high quantities in raw grass-fed meat. They play a role in heart health, brain function, and prevention of depression and attention deficit disorder.

Conjugated linoleic acid (CLA) is a fatty acid that's abundant in grass-fed meat, however becomes absent when cows eat grains. CLA has strong anti-cancer properties and is known to reduce tumors. CLA increases metabolic rate, which lowers body fat and increases muscle mass in people.

Red meat is one of the richest sources of vitamin B12. B12 is good for treatment of anemia, nervous system health, stress management, high energy levels, and healthy hair, skin, and nails.

With all of the goodness in meat, you won't find me cooking the numerous nutrients out of it!

11. Raw Chicken

I sometimes feel uneasy sharing about raw chicken because it's so unconventional. However, I've come to understand that raw chicken, like microbes, has been largely misunderstood. If raised in the way that Nature intended, this food is safe and healthy to consume. Just like you would eat raw fish or any other animal raised cleanly. Chicken is no different. Once it's "cold cooked" in lemon, you can't tell the difference; it's just in a much healthier form now without denaturing proteins.

I eat chicken in the raw because the unheated proteins and fats are recognized by the body and therefore easily utilizable by the tissues. Conversely, when proteins are heated their chemical structure is altered and therefore cannot be incorporated into human tissues as easily for purposes of building and repairing.

I feel the best ever when I eat raw chicken. My body actually craves it now. It calms my nervous system and is good at the initial stages of a possible cold or flu. Numerous people in my community have eaten chicken ceviche for 20 years and have never gotten sick. Last week at the farmer's market, I was eating chicken ceviche and four people standing around me tried it for the first time. They all exclaimed how delicious it was!

One of my customers at a local Venice store had been suffering from shaky hands for many years. I suggested he eat some raw chicken, and sure enough after having prepared some dishes for him, his shakes greatly reduced. This amazing recovery is possible because raw chicken is known to regenerate nerves.

I just love chicken ceviche - it's such a nourishing and satisfying meal. I eat raw chicken sashimi style, or ceviche-style which is a method of "cooking" the chicken in lemon. I soak the chicken in fresh lemon juice for two days in a glass jar and allow the acidity to "cold cook" the chicken. Using this method, the chicken has a whitish cooked appearance and is softer than chicken cooked with heat. The soft texture and lemony flavor is easy and delightful to my senses.

I source organic, soy free, and preferably never frozen grass-fed chicken from a local butcher or farm where I can trust that it's safe to eat raw.

12. Raw Organs

The healthiest organs to eat are raw liver, kidneys, heart, adrenals, and thyroid. However, the king of all organs is the liver because it is the most nutrient dense of all organs.

A friend once asked me why I would even consider eating raw liver. Well, the answer is quite simple: liver is a true superfood. I used to have terrible night vision and since eating raw liver pate, my eyesight has greatly improved due to the concentrated vitamin A in the raw liver.

Gram for gram, liver contains more nutrients than any other food. It wins the gold medal for its huge amount of vitamin B12. Interestingly, this nutrient is only found in animal foods, and when it occurs in vegan foods it is not in a bioavailable form. A vitamin B12 deficiency can lead to fatigue and mental problems. Liver is high in vitamin B6, which is necessary for women who wish to become pregnant.

Liver is also high in minerals such as iron, zinc, selenium, sulfur, potassium, copper, and magnesium. It contains all of the fat-soluble vitamins A, D, E and K, and when grass-fed has omega-3 fats. It also has many of the important B vitamins. Due to the abundant nutrients found in liver, it is capable of greatly improving health.

As a former hairstylist, I worked with many toxic chemicals that imposed an excessive load on my liver. I feel best whenever I eat raw liver, and believe it’s because the raw liver regenerates my own liver. In natural medicine it is known that like heals like. Since the liver performs about 2000 functions in the body, when it’s functioning well, health can dramatically improve. Eating liver from grass-fed animals will heal, repair, and cleanse your own liver.

Liver works amazingly well for me and my clients, and may also surprise you with its many health benefits. Make sure that liver is always organic and preferably grass-fed.

13. Fermented Foods

Hippocrates, the father of modern medicine, claimed that "All disease begins in the gut." This still holds true in modern natural medicine. Natasha McBride, MD, expert on gut health, states that any dysfunction of the brain is usually indicative of an imbalance in the digestive system [9]. Since fermented foods repopulate the gut with essential bacteria, they can do a great job at healing your gut.

Fermented foods essentially put you on the fast track to great gut health. They encourage the growth of beneficial bacteria, aid in chelating heavy metals and pesticides, help your body to manufacture B vitamins, and improve digestion.

Since most of your immune system resides in your gut, after eating these delicious foods you will have healthier overall immunity. The bacteria work as soldiers and prevent pathogens from getting out of balance.

There are more bacteria in the human body than there are cells, so in a way you are a cluster of bacteria and therefore are very dependent on them. We are super-organisms made up of trillions of microorganisms. Our bodies are 10% human cells and 90% bacteria cells, with 6 pounds of beneficial bacteria in individuals with healthy intestines.

My friend Hanna, the 'Kombucha momma,' says that she's "bacteria powered." She claims to get a lot of energy from the good bacteria in fermented foods. Because of the synergistic nature between humans and bacteria, she says that people are bacteria sapiens.

I often crave fermented foods and regularly incorporate raw kimchi or raw sauerkraut as a side with my meals. You can drink the juice (brine) of fermented veggies for even greater digestive benefits. This brine is especially good for constipation. The vitamin K2 in fermented vegetables helps to keep plaque off teeth and improve assimilation of calcium.

I also incorporate fermented foods into my diet by including kombucha, raw dairy kefir, kvass, coconut water kefir, fermented vegetables, and homemade pickles. The bacteria in these foods predigest the hard-to-break-down components of the food, thus making it easier to absorb the food's nutrients.

Dairy Kefir

The word Kefir in Turkish means "feel good." When I drink raw live homemade kefir, I feel the vitamin B "buzz."
Raw milk is amazing, but fermented milk is magical. Fermented milk products are highly prized for their therapeutic and longevity benefits.

There's a Persian legend that an angel showed Abraham how to prepare a yogurt-like drink that gave him fertility and longevity. Persian woman praise fermented milk products for their benefit to skin health.

It's fascinating to me that when raw milk sits at room temperature, its beneficial bacteria transform the lactose into lactic acid. The lactic acid produced by the souring of the milk acts as a digestive antiseptic, aiding in intestinal tract health. During this fermentation process, calcium and phosphorus (and many other nutrients) become more bioavailable for absorption.

Lactobacillus acidophilus occurs everywhere in nature, including the human mouth and intestinal tract. These are the same bacteria that transform lactose in milk into lactic acid. These good bacteria stop the growth of certain pathogenic organism s. In 1959 they called acidophilus "Nature's Gastrointestinal Antibiotic."

Lactic acid promotes the growth of healthy flora in the intestinal tract. We want to drink fermented milk products to encourage the optimal populations of these friendly bacteria. Fermented milk products restore normal gut flora while protecting against invading pathogens.

People often tell me that they drink kefir for their probiotics. I always ask them if it's pasteurized or raw. This makes them think.

Almost everything, including the kefir you buy in the store, has been pasteurized. This means that its nutrients have been altered and some completely destroyed, because during pasteurization all of the good bacteria, enzymes, and more are killed. The result is a dead product that contains some beneficial bacteria – not too useful to the body because the kefir has completely lost its nutritional synergy. It makes more sense to leave nature alone. Nature always knows best.

You can make your own kefir at home by using kefir grains and raw whole milk. When you make raw kefir at home you know exactly where everything is sourced from, and there are no thickeners, preservatives, sugars, or "natural" flavors. You can choose your own flavor and save money.

14. Green Juice

...is essential!

When I drink green juice it is like I'm drinking pure life. It feels refreshingly good as it cleanses and nourishes my whole body. This is because vegetable juice floods my cells with minerals and neutralizes any excessive acidity. Green juice is just as much a part of the raw paleo-primal diet as raw fats.

Whenever I feel that anything is off in my body, such as dull skin or sluggish digestion, I drink more green juice and the problem usually resolves. Green juice keeps my bowels regular, my skin glowing, my body alkaline, and gives me energy. As a bonus, green juice is rich in minerals and helps me to detox from years of eating processed foods.

To properly digest raw meat and raw dairy we do not want to be over alkaline in our intestines. Green juice will alkalize your blood, without alkalizing the acidic parts of your digestive tract.

When I say that green juice is essential, I'm only talking about homemade, fresh, and unpasteurized juice. Make a large amount of green juice at once to last no more than three days.

My Favorite Everyday Green Juice Recipe

60% organic celery base
30% organic cucumber
5% organic parsley
5% organic cilantro
1% organic lemon

Some people like to add cilantro to help in the removal of heavy metals. To help bind any heavy metals that have been released from your body, you could add raw cream or clay to the juice.

You can get creative with your vegetable juice and add different vegetables such as beets, carrots, or zucchini. The more variety you have in your vegetables, the greater the range of nutrients you will receive.

Melissa's Green Juice Tip:

I like to stick to the above recipe because it keeps my blood sugar stable. High carbohydrate vegetable juices, containing carrots and beets, tend to make some people over-emotional.

How to Preserve Your Green Juice:

- Fill the glass jar all the way to the top with juice, with absolutely no air in it, and cap it.
- Add 1 tablespoon of raw honey to a quart of green juice.

Type of Juicer:

The vegetable juicers that I recommend are Green Star, Omega 8006, and the Breville.

It's best to have stainless steel parts and not plastic. Plastic contains dioxin that may release gas into your juice.

When I use my Green Star juicer I use a wooden push stick rather than a plastic one. A plastic push stick can scrape against the metal gears and end up in the juice.

Fresh unpasteurized vegetable juice will change your life. I highly recommend drinking fresh green juice daily.

It's essential to drink fresh green juice everyday for optimal vitality and radiant health.

15. Bone Broth

According to an old South American proverb, “good broth will resurrect the dead.” Bone broth is a truly nourishing food high in calcium, magnesium, and phosphorus. As the warm soothing broth enters my body I can feel its healing effects. It’s a fast and easily digestible meal.

Bone broth is just as it sounds: bones from pastured chicken, or other grass-fed animals, simmered in water for a couple of days. The vast amounts of minerals and nutrients found in the bones are slowly drawn out, rendering them easily available to the body. These broths were once a staple in traditional cultures. For many centuries grandmas have been curing colds and the flu with broth - there’s got to be some wisdom here.

With its abundance of collagen, a warm cup of golden mineral-rich broth tastes delicious and keeps you looking young and beautiful. The long simmering of the bones leaches out collagen-rich gelatin.

Did you know that bone broth helps to get rid of cellulite? The large amount of collagen found in bone broth strengthens all types of connective tissue, including skin and muscles. This translates to decreased cellulite, because cellulite usually stems from a lack of healthy connective tissue. Bone broth also contains protein, calcium, and numerous other minerals in a form that is easy to assimilate, helping make your hair, nails, and skin more beautiful.

Bone broth contains the nutrients found in cartilage and tendons, so it is great for arthritis and other joint problems. The nutrients in bone broth help to seal and heal leaky gut syndrome, resulting in improved digestion and absorption, which ultimately creates better overall health.

Some people like to start their morning with a cup of delicious beef, chicken, or fish broth, but I personally prefer it for dinner, especially on a chilly night.

16. Melissa's Daily Meal Plan

This program works for me. Please listen to your own body and use discernment in understanding what works for you. It took my body a few months to transition into this diet. After consistently eating nutrient dense foods, I am now nutritionally satisfied and no longer have the old cravings that were once relentless. I eat simply nowadays, but when you start to eat raw foods you may want to dress them up with various ingredients to make it fun and enjoyable.

My diet consists of about 50% raw fat in the forms of raw milk, raw butter, raw cheese, and raw kefir. I eat raw fermented vegetables, like cabbage or kimchi, as a side dish with most meals such as avocado, a raw meat dish, or chicken ceviche. I eat one raw meat meal (fish, chicken, bison) a couple times a week (men may need one meat meal per day). I drink green juice and eat seasonal fruit, often with a raw fat like raw cream or raw butter. When I leave home for the day I carry a medium-size cooler with my glass jars filled with raw foods.

Breakfast (7-9 AM):
I like to start the morning with raw fats to soak up toxins that I may have released while sleeping. A tiny bite of raw cheese will do.

I feel best when I start the mornings with something alkalizing, such as a 12 oz glass of fresh green juice, finishing up with a glass of spring water with lemon in it.

Choose one of these raw fats in the morning after your green juice and water when you feel hungry:

- 8 oz raw dairy kefir (cow or goat)
- 1 piece raw butter pie
- Piece of raw cheese with raw honey on it
- Raw eggs 'Rocky style'
- Raw milk, raw egg, and fruit smoothie
- Fresh in-season fruit

Lunch (11-1PM):
Choose one of these:
- Avocado and a few squares of raw cheese
- Avocado and kimchi drizzled with olive oil
- 12 oz of green juice
- 8 oz meat meal (optional)
- Raw milk shake (see recipes in shake and smoothie chapter)
- A mono meal of in-season fruit (a mono meal is a meal of only type of food. For example a 1/2 of watermelon)

Snack (3-4 PM):
Choose one of these:
- A fruit meal with a raw fat
- 12 oz green juice
- Avocado
- Fermented veggies

Dinner (6-7PM):
Choose one of these:
- About 2-3 times per week, one cup of raw meat meal (bison tartare, beef tartare, chicken ceviche, or fish ceviche) with a raw fat (sour cream, raw butter, avocado)
- Dairy kefir shake
- A piece of raw banana cream pie (see recipe in raw butter recipes)
- Occasional green salad with mixture of lettuce varieties and vegetables
- 1 cup bone broth with avocado and fermented veggies

Bedtime (10 PM):
Occasionally before bed I sometimes have a glass of room temperature raw milk with a raw egg and raw honey blended in.

Men: If you want to increase muscle and weight I recommend eating one raw meat meal per day. Include a one-pint jar of the moisturizing formula

each day. Raw eggs, raw meat, and raw butter are great muscle-building foods.

17. Know Your Food Source

Please read over this section before you make these delicious recipes. Please know that raw paleo-primal recipes are different from many mainstream recipes.

It's important to know where your food is coming from. A local trusted source is ideal.

Note:
Grass Fed and Pasture-Raised are interchangeable terms.

Questions Regarding Animals

- Is the animal feed organic?
- If feed is not organic, ask if it is GMO free.
- Are animals out on green pasture 24/7?
- Are the animals grass fed and grass finished?

Questions Regarding Produce

- What kind of water do they use: chlorinated municipal or well water?
- Do they use synthetic fertilizer in the soil?
- Do they spray with chemicals of any kind?
- Are waxes used on the produce?

Questions regarding Raw Honey

- Make sure the label says "raw" and also one other distinction: unheated, unpasteurized, uncooked, or cold packed.
- What kind of plants do the bees pollinate?
- Are bees fed sugar water in the winter?
- Are bees given antibiotics?

Raw Eggs:

Organic
Pasture-raised

Corn- and soy-free feed
Non-irradiated
*Free range and cage free eggs are not pasture-raised

Raw Dairy:
Organic
Unpasteurized
Pasture-raised
Grass fed
*Find local sources at www.realmilk.com

Red Meat:
Organic
Pasture-raised
Grass fed and finished
Fresh and never frozen
*Pastured cows have hardly any risk of E. coli in comparison to grain fed cows.

Chicken:
Organic
Pasture-raised
Corn- and soy-free feed
Non-irradiated

Fish:
Wild-caught
Never frozen
*Not from the Gulf of Mexico

Fresh Produce:
Organic
Seasonal
Never frozen
*Preferably grow your own!

I do not recommend store-bought conventional eggs, dairy, or meat. Industry standards such as ‘organic’, ‘natural’, and ‘raw’ have been increasingly watered down over the years. These are merely buzzwords nowadays. Our current food system is unreliable and is not interested in your or your family’s health.

Contributing to a sick industry does not serve your body or the planet. When you source a local farmer or a pasture-raised brand, you are investing in food that will support you, your farmer, and the planet.

PART TWO: The Recipes

Kitchen Tools:

Vitamix
Food processor
Sharp knife
Potato peeler
Micro-plane
Cutting board
Nut milk bag
Small stainless tea strainer
Measuring cups
Measuring spoons
Ceramic pot for bone broth

Melissa's Tip 1: After preparing the recipes, I store everything in glass jars in the fridge. Most recipes have a shelf life of 5-7 days in the fridge. Raw food changes but usually doesn't go bad. It's the cooked food that you have to worry about. Smell it and taste it and trust your gut if something is questionable.

Melissa's Tip 2: When you're making the raw butter recipes (for example the Mango Butter Pudding or the Marrow Mousse), if it gets chunky or gritty, just keep blending through that stage until it achieves a creamy consistency. Just keep blending.

Melissa's Tip 3: For most of the following recipes I call for 'softened' butter. This simply means to let the raw butter sit out on counter at room temperature for a few hours to soften before making the recipes.

Chapter 18: Raw Butter Recipes

(Eat anytime, even as a meal!)

#1 Mango Butter Pudding

Ingredients:

- 1 ripe mango (peeled and cut up into smaller pieces for blender)
- ½ cup raw butter (softened)
- 2 raw eggs
- Squeeze in the juice of one fresh lime or lemon
- 1-2 tablespoons raw honey

Instructions:

Add all ingredients into a Vitamix and process until smooth. Eat immediately or store in a glass jar in the fridge. Shelf life is 5 days.

#2 Creamy Papaya Custard

Ingredients:

- 1 whole papaya (peel and remove the seeds)
- 4 tablespoons raw butter (softened)
- 2 raw eggs

- 1-2 tablespoons of raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Eat immediately or store in a glass jar in the fridge. Shelf life is 5 days.

#3 Raw Primal Chocolate Mousse (inspired by: Kippy Miller)

Ingredients:
- 1/2 pound raw butter (softened)
- 5 raw eggs
- 1/2 cup raw cacao powder (add more if you love chocolate)
- 3-4 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth and creamy. Enjoy in the moment or store in glass jars in the fridge. Use more raw eggs if you want a creamier mousse and less if you want a fudge. Shelf life is 2 weeks.

#4 Raw Primal “Mint” Chocolate Mousse

Ingredients:
- 1 pound raw butter (softened)
- 8 raw eggs
- 3/4 cup raw cacao powder
- 3-4 tablespoons raw honey
- 1-2 teaspoons organic peppermint extract

Instructions:
Add all ingredients into a Vitamix and process until smooth and creamy. Enjoy in the moment or store in glass jars in the fridge. Shelf life is 2 weeks.

#5 Raw Banana Cream Butter Pie (inspired by: Anthony Farano)

Crust Ingredients:
- 3/4 cup raw walnuts
- 3/4 cup raw almonds
- 2 tablespoons raw butter (softened)
- 1 tablespoon raw honey
- 3 tablespoons raw cacao powder (optional)

Instructions:

Use a food processor (not a blender) to blend all the ingredients together until smooth. Next, press the blended mixture into an 8" springform pie pan with your hands.

Filling or Middle of Pie Ingredients:
- 4 bananas (if they are more ripe, your pie will be softer. I like them with just 1-2 brown spots on them)
- 1 pound softened raw butter (minus the 2 tablespoons used for the crust) – use the rest of the pound in filling.
- 3 raw eggs
- 5 pitted medjool dates
- 1 teaspoon raw vanilla bean powder
- Squeeze the juice of 1/2 of a lemon
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Pour over crust and place in fridge to set for 6-8 hours before frosting it.

Frosting Ingredients:
- 12 oz raw cream
- 1 tablespoon raw honey

Instructions:
Place raw cream and raw honey in a glass or ceramic bowl and mix with a hand mixer. When the raw cream thickens into a frosting, use a spatula and frost pie. Don't over mix or you'll have butter!

#6 Butter Cream Frosting

Ingredients:
- 3/4 pound raw butter (softened)
- 3 raw eggs
- 1/2 teaspoon raw vanilla bean powder
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Use this butter frosting for the Raw Butter Pie if you don't have raw cream available to frost it with.

#7 Pineapple Butter Blast

Ingredients:
- 1 1/2 cups raw pineapple cut into chunks
- 2 tablespoons raw butter (softened)
- 2 raw eggs
- 1/2 avocado (a very creamy Reed avocado is best)
- 1 teaspoon raw vanilla bean powder
- 1 tablespoon raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Eat immediately or store in a glass jar in the fridge. Shelf life is 5 days.

#8 Pass The Persimmon Smoothie

Ingredients:
- 1 cup fresh coconut water
- 2 tablespoons raw butter (softened)
- 1-2 raw eggs
- 1-2 super ripe soft persimmons
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Eat immediately or store in a glass jar in the fridge. Shelf life is 5 days.

#9 Peanut Butter Butter Squares

Ingredients:
- 1/3 pound raw butter (softened)
- 1 cup raw wild jungle peanut butter (found at local co-ops or Whole Foods)
- 1/2 cup raw honey

Instructions:
Mix together with hand mixer or food processor. Place evenly flat in square pan and chill in fridge for 4-6 hours. Next, cut into squares. Shelf life is 2 weeks in the fridge.

#10 Raw Raspberry Butter

Ingredients:
- 1 cup fresh raspberries
- 1/2 cup raw butter (softened)
- 1 tablespoon raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Chill in fridge for 4-6 hours, and then cut into fun shapes! Shelf life is 2 weeks in the fridge.

#11 Raw Butter, Cinnamon, and Raw Honey Tartine

My friends and I occasionally enjoy this on toasted sprouted spelt sourdough bread. It's a real treat! First spread the softened raw butter, then sprinkle with cinnamon; next drizzle with raw honey.

#12 Antibacterial Butter Recipe

Ingredients:
- 3 tablespoons raw butter (softened)
- 3 tablespoons fresh squeezed lime juice
- 1 teaspoon raw honey

Instructions:
Put all ingredients in a glass jar and warm by doing the double boiler method using hot water from sink: Fill a bowl with warm water, then place the glass jar with the ingredients (lid tight) in it. Let melt together, shake well, then drink!

#13 Carob Butter Pudding (Yummy Chocolate Substitute)

Ingredients:
- 1/2 pound raw butter (softened)
- 2 raw eggs
- 2 ripe bananas
- 4 tablespoons raw carob powder
- 1 teaspoon raw vanilla bean powder
- 2 tablespoons raw honey

Instructions:

Add all ingredients into a Vitamix and process until smooth. Store in a glass jar in the fridge. Shelf life is 7 days.

#14 Garlic Honey Butter

Ingredients:
- 4 tablespoons raw butter (softened)
- 2 fresh garlic cloves, micro-planed or pressed
- 1 teaspoon raw honey

Instructions:
Melt the butter in a glass jar with tightly closed lid under warm water (double boil method). Add garlic and honey to butter in the jar, then shake. Shelf life is 2 weeks in the fridge.

#15 Chocolate Almond Butter Fudge Swirl

Ingredients:
- 1 pound raw butter (softened)
- 1/2 cup raw almond butter
- 5 pitted dates
- 2 bananas
- 4 tablespoons raw cacao powder
- 1 teaspoon raw vanilla bean powder
- 1-2 tablespoon raw honey

Instructions:

Step 1:
Add all ingredients except cacao powder into a Vitamix and process until smooth. Pour only half of the mixture into a 8” springform pie pan.

Step 2:
Add the 4 tablespoons of raw cacao powder into the rest of the mixture in the Vitamix and blend.

Step 3:
Pour the cacao mix over the first mixture in the pan and swirl in. Put in the fridge for 4-6 hours to set. Cut into bar size shapes. Shelf life is 2 weeks in the fridge.

#16 Warm Butter Drink (This recipe is great for digestion)

Ingredients:
- 1 cup warm water (warm up like making tea)
- 2 tablespoon raw butter
- 1 teaspoon honey

Instructions:
Warm water on stove. Add raw butter and raw honey to warm water, stir, and drink.

#17 Chai Butter Pudding

Ingredients:
- 1/2 pound raw butter (softened)
- 1/4 cup raw milk
- 3 raw eggs

- 1 teaspoon raw vanilla bean powder
- 1/2 teaspoon cardamom
- 1/2 teaspoon ginger powder
- 1/4 teaspoon clove powder
- 2 shakes cinnamon powder
- 2 tablespoons raw honey

Instructions:
Measure all ingredients in the Vitamix and blend until smooth. Add mixture to glass jars and let sit in the fridge to firm back up. Shelf life is 7 days.

#18 Refreshing Grapefruit Butter Snack

Ingredients:
- 1/2 pound raw butter (softened)
- 3 raw eggs
- 1/2 cup fresh squeezed grapefruit juice
- 2 tablespoon raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in a glass jar in the fridge. Shelf life is 7 days.

Chapter 19: Raw Dairy Shakes
(Your daily delights)

#1 Spiced Goat Milk Shake

Ingredients:
- 1 1/2 cup raw goat milk
- 2 raw eggs
- 2 shakes cinnamon
- 2 shakes nutmeg
- 2 shakes clove
- 2 shakes cayenne
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in glass jars. Shelf life 1 week in the fridge.

#2 Pineapple Digestive Smoothie

Ingredients:
- 1 cup raw cow yogurt or raw dairy kefir
- 2 cups chopped pineapple
- 1 raw egg
- 1/4 cup raw butter (softened)
- 1/4 teaspoon raw vanilla bean powder
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in glass jars. Shelf life is 5 days in the fridge.

#3 Beautiful Skin Smoothie

Ingredients:
- 1 cucumber (peeled and chopped)
- 6 kiwis (peeled)
- 1 ripe avocado
- 1 handful fresh mint
- Squeeze in the fresh juice of 2 limes
- 1/4 cup raw heavy cream
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in a glass jar. Shelf life is 5 days in the fridge.

#4 Golden Milk

Ingredients:
- 1 1/2 cup raw milk
- 3 tablespoons fresh turmeric juice
- 1 tablespoon raw honey

Instructions:
Shake well in a mason jar or blend in a Vitamix. The turmeric can be juiced through a juicer or a garlic press.

#5 Kefir Energy Shake

Ingredients:
- 1 1/2 cup raw dairy kefir (either goat or cow)
- 3 tablespoons raw cacao powder
- 2 tablespoons raw honey
- 1/2 cups soaked and dehydrated pecans

Instructions:
Step 1: Blend dairy kefir, raw cacao powder, and raw honey in Vitamix.

Step 2: Add pecans and blend quickly on the pulse setting, leaving them kind of chunky. Shelf life is 1 week in the fridge.

#6 Coconut Cleansing Cocktails

Ingredients:
- 1 cup raw coconut cream (make fresh at home using a green star juicer)
- 1 raw egg
- Squeeze in the fresh juice of 3 limes
- 1/2 of a grapefruit fresh squeezed juice
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in glass a jar. Shelf life is 4 days in the fridge.

#7 Egg Cocktail

Ingredients:
- 1 raw egg
- 2 tablespoons coconut oil (melted)
- 1 tablespoon raw honey

Instructions:
Blend all ingredients in Vitamix or hand mixer and shoot it Rocky Style! Drink this quick because once you melt the coconut oil and blend, if it's cold out it will get chunky as the oil hardens again.

#8 Bedtime Shake

Ingredients:
- 1 pint of raw milk
- 1 raw egg
- 2 tablespoons juiced ginger
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients to a glass mason jar. Don't fill the jar all the way up with milk, leave room for the egg and honey. The ginger can be juiced in a juicer or through a garlic press. Shake very very hard in mason jar with lid. When you think you're done, shake it again. Shelf life is 5 days in the fridge.

#9 Coconut Skin Tonic

Ingredients:
- 1 cup fresh made coconut cream (or raw dairy cream)
- 1 cup cantaloupe (cut into chunks)
- Squeeze the juice of 1 blood orange
- 1 tablespoon raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in a glass jar in the fridge. Shelf life is 4 days in the fridge.

#10 Morning Liver Tonic

Ingredients:
- 2 cups tea base: milk thistle, dandelion (buy loose tea in bulk)
- 1 raw egg
- 1/4 cup raw milk or 2 teaspoons olive oil
- Squeeze fresh juice of 3 lemons
- A shot of raw apple cider vinegar
- 2 tablespoons raw honey
- Dash of red pepper

Instructions:
Prepare the tea base by heating 2 cups of water and adding loose leaf dandelion tea and milk thistle, steep for 20 minutes, strain. Next, add all ingredients into a Vitamix and process until smooth. Store in glass jars in the fridge. Shelf life is 5 days.

#11 Peanut Butter Weight Gain Smoothie

Ingredients:
- 1 1/2 cup raw milk
- 1 raw egg
- 2 bananas
- 1/2 cup raw wild jungle peanut butter
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in a glass jar. Shelf life is 5 days in the fridge.

#12 Raw Milk Protein Shake

Ingredients:
- 2 cups raw milk
- 1 raw egg

- 2 teaspoons juice of fresh turmeric
- 2 teaspoons juice of fresh ginger
- 1-2 tablespoons raw honey
- 1 teaspoon bee pollen

Instructions:
Add all ingredients into a Vitamix or shake in mason jar until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#13 Peach Cream Dream

Ingredients:
- 1 cup raw heavy cream
- 2 raw eggs
- 1 peach
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and process until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#14 Creamsicle Juice

Ingredients:
- 1 cup raw fresh carrot juice
- 3 tablespoons raw heavy cream
- 1 tablespoon raw honey

Instructions:
Juice carrots with a juicer and mix with raw cream and raw honey. Shake well in a mason jar and chill in fridge. Shelf life is 2 days.

#15 Seasonal Orange & Pomegranate Milk Shake

Ingredients:
- 2 cups raw milk
- 2 raw eggs
- 1 whole orange (peeled)
- Squeeze juice of 1 whole orange
- 4 teaspoons pomegranate juice (optional)
- 1/2 cup raw heavy cream
- 1/2 teaspoon vanilla bean powder
- 2 tablespoons raw honey

Instructions:
Add the milk, whole orange, juice of 1 orange, pomegranate juice, heavy cream, vanilla, eggs, and honey to the Vitamix and blend until smooth. Store in a glass jar. Shelf life is 5 days in the fridge.

16 Green Milk

Ingredients:
- 2 cups raw milk
- 2 raw eggs
- 3 heaping tablespoons raw cacao powder
- 1 teaspoon raw vanilla bean powder
- 1 teaspoon spirulina powder
- 2 tablespoons raw honey
- Pinch of cayenne (optional)

Instructions:
Add all ingredients into a Vitamix or shake in mason jar until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#17 Raw Egg Superfood Drink

Ingredients:
- 3 tablespoons raw heavy cream
- 3 raw eggs

- 1 teaspoon raw vanilla bean powder
- 1 teaspoon bee pollen
- 2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix or shake in mason jar until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#18 Organic Iced Coffee Latte

*not fully raw but SO delicious for a treat or party

Ingredients:
- 2 cups raw milk
- 1/2 cup organic cold pressed coffee
- 2 egg yolks
- 1/2 cup raw heavy cream
- 1 teaspoon raw vanilla bean powder
- 3 tablespoons grade B maple syrup

Instructions:
Add all ingredients into a Vitamix or shake in mason jar until smooth. Store in a glass jar in the fridge. Shelf life is 5 days. Enjoy :)

#19 Orange Vanilla Milk

Ingredients:

- 2 cups raw milk
- 1/2 cup raw heavy cream
- 1 raw egg
- 1/2 whole peeled orange
- Squeeze juice of 1/2 orange juice
- 1/2 teaspoon raw vanilla bean powder
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix or shake in mason jar until smooth. Store in a glass jar in the fridge. Shelf life is 5 days in the fridge.

#20 Coconut Cream Peach Pudding

*non-dairy

Ingredients:
- 1 cup fresh coconut cream (press coconut meat in a green star juicer at home)
- 3 fresh peaches
- 1-2 tablespoons raw honey

Instructions:
Add all ingredients into a Vitamix and blend until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#21 Raspberry Kefir

Ingredients:
- 2 cups cow kefir
- 1 cup heavy cream
- 2 raw eggs
- 1/2 cup fresh raspberries
- 1 tablespoon raw honey

Instructions:
Add all ingredients into a Vitamix and blend until smooth. Store in a glass jar in the fridge. Shelf life is 5 days.

#22 Sports Formula (inspired by: Aajonus V.)

Ingredients:
- 2 raw eggs
- 1/2 cucumber peeled
- 2 tomatoes
- 2 cups fresh watermelon
- 3 tablespoons fresh lime juice
- 3 tablespoons fresh lemon juice
- 1 tablespoon raw apple cider vinegar
- 2 tablespoons raw honey
- 3 tablespoons raw whey (optional)

Instructions:
Add all ingredients into a Vitamix and blend until smooth. Store in glass jars in the fridge. Shelf life is 5 days.

#23 Blackberry Butter Smoothie

Ingredients:
2 cups raw milk kefir (homemade or store bought is fine)
1 cup frozen blackberries(I froze them from when in season, not store bought, but do the best you can :))
5 heaping tablespoons raw butter
3 ripe bananas
5 medjool dates (pitted)

Instructions:
Add all the ingredinets to the Vitamix and blend until smooth. Stoe in a gladd jar in your fridge. Shelf life 5 days.

#24 Cold Coffee Berry Milk Smoothie

*this taste like its right out of a gourmet coffee shop
*cold brewed coffee not raw

Ingredients:
2 cups raw milk
1 cup organic cold pressed coffee
1 raw egg
1 cup fresh berries (fresh or frozen works)
2 ripe bananas
1 tablespoon maca root powder
1 teaspoon raw vanilla bean powder

1 tablespoon raw honey

Instructions:
Add all the ingredinets to the Vitamix and blend until smooth. Stoe in a gladd jar in your fridge. Shelf life 5 days.

#25 Feeling sick? Immune Support Smoothie

*the nutrients in this drink will help you cleanse, heal, and soothe membranes.

Ingredients:
1 1/2 cups raw yogurt
5 heaping tablespoons raw butter
2 raw eggs
1 banana
2 tablespoons raw honey

Instructions:
Add all the ingredinets to the Vitamix and blend until smooth. Stoe in a gladd jar in your fridge. Shelf life 5 days.

Chapter 20: Raw Bison/Beef Tartare

Raw protein for repair and regeneration of tissues! Steak Tartare is simply raw meat and raw egg mixed together. Now, let's spice it up!

#1 Bison Tartare Me Up!

Ingredients:
- 1 pound raw ground bison
- 1/4 cup diced red onion
- 3 tablespoons fennel seeds
- 3 tablespoons fresh chopped sage
- 1 teaspoon diced red pepper
- 4 tablespoons cold pressed olive oil
- 2 tablespoons raw mustard
- 1 raw egg yolk

Instructions:
Mix all ingredients together in mixing bowl with fork or hands. Patty up into a burger, make room for an egg yolk in the middle, and top with raw egg yolk. Store in a glass container in the fridge. Shelf life is 4 days.

#2 Bison Herb Burger

Ingredients:
- 1 pound raw ground bison
- 1 bunch fresh basil
- 1 bunch fresh dill
- 4 tablespoons fresh oregano
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon cayenne pepper
- 4 tablespoons cold pressed olive oil (I use a garlic flavored olive oil)
- 1 teaspoon raw honey

Instructions:
Mix all ingredients together in mixing bowl with fork or hands. Patty up into a burger. Add a tomato, raw mustard, and raw fermented sour kraut on top, and serve on a piece of lettuce. Store in a glass container in the fridge. Shelf life is 4 days in the fridge.

#3 Bison Mayo Tartare

Ingredients:
- 1 pound raw ground bison (mix it with raw tartar sauce)

Tartar Sauce:

- 1/2 cup homemade raw mayo (see raw mayo recipe below)
- 2 tablespoons pickle juice (I used fermented pickle juice from homemade pickles)
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon fresh garlic
- 1/2 teaspoon Himalayan salt
- 1 minced jalapeno

Instructions:

Mix all ingredients together in mixing bowl. Store in a glass container in the fridge. Shelf life is 4 days.

Raw Mayo Recipe: 5 cups

Ingredients:
- 4 raw eggs
- 3 cups cold pressed olive oil
- 5-6 tablespoons raw apple cider vinegar
- 1 tablespoon raw honey

Instructions:
Crack eggs into a measuring cup one by one (to ensure a rotten egg doesn't get in). Add to Kitchen Aid bowl. Mix on speed setting 6 and put a teardrop of oil in, then turn up to speed 8 after a few minutes. Next add a small, slow stream of olive oil for about 30-40 minutes in the kitchen aid. You can figure out a way to prop up the olive oil bottle so you don't have to hold it. Slowly add apple cider vinegar, about a tablespoon every 5 minutes. Add raw honey. Add more vinegar to make tart and more honey to sweeten.

#4 Beef Tenderloin or Filet Mignon Tartare

Ingredients:
- 1/2 pound beef tenderloin or filet mignon minced in a food processor or chopped into cubes
- 2 tablespoons capers
- 1/2 diced red onion
- 1 teaspoon raw apple cider vinegar
- 1/2 bunch chopped fresh parsley
- 2 tablespoons cold pressed olive oil
- 1/2 teaspoon cayenne pepper
- 1 pinch cinnamon
- 1 teaspoon raw mustard
- Top with raw egg yolk & capers

Instructions:

Mix all ingredients together in mixing bowl with fork or hands. Store in a glass container in the fridge. Shelf life is 4 days in the fridge.

#5 Garlic Bison Burger

Ingredients:
- 1/2 pound raw ground bison
- 2 tablespoons chopped red onion
- 1/2 teaspoon cayenne pepper
- 2 tablespoons raw mustard
- 2 garlic cloves, minced

Instructions:
Mix all ingredients with the ground bison and patty into a burger. Top with raw mustard, cayenne, and raw sour cream. Serve.

#6 Avocado Bison Tartare

Ingredients:
- 1 pound of raw ground bison
- 3 tablespoons of olive oil
- 3 tablespoons diced red onion
- 1 handful of chopped fresh cilantro
- 1 chopped avocado
- 1 small chopped Roma tomato
- 1/2 teaspoon Himalayan salt
- 2 garlic cloves (optional)

Instructions:
Mix all ingredients together in mixing bowl with fork or hands. Store in a glass container in the fridge. Shelf life is 4 days.

#7 Honey Mustard Bison Tartare

Ingredients:
- 1/2 pound of raw ground bison
- 2 tablespoons olive oil
- 2 teaspoons raw mustard
- 2 teaspoons raw honey
- 1/2 teaspoon Himalayan salt

Instructions:
Mix all ingredients together in mixing bowl with fork or hands. Store in a glass container in the fridge. Shelf life is 4 days.

#9 Bison Cream & Butter Tartare

Ingredients:
- 1 pound raw ground bison
- 1/2 cup raw butter cut into tiny chunks
- 1/4 cup raw heavy cream or sour cream
- 1 teaspoon raw honey

Instructions:
Cut the butter into small chunks and mix up with raw cream and honey. Mix all ingredients together in mixing bowl with fork or hands. Store in a glass container in the fridge. Shelf life is 4 days.

10 Lemon Zest London Broil Tartare

Ingredients:
- 1 pound of raw London Broil cubed into tiny pieces
- 3 tablespoons finely chopped fresh parsley
- 4 tablespoons olive oil
- 1 teaspoon Himalayan salt
- 1 teaspoon cayenne pepper
- 1-2 teaspoons lemon zest
- Juice of 1/2 lemon

Instructions: Mix all ingredients together in mixing bowl with fork or hands. Store in a glass in the fridge. Shelf life is 4 days in the fridge.

#11 Fermented Veggies Bison Tartare

Ingredients:
- 1 pound raw ground bison
- 1 cup fermented cabbage, kim-chi, or curtido
- 1 smashed avocado
- 1 teaspoon cayenne pepper
- 1/2 teaspoon Himalayan salt
- 1 teaspoon raw honey

Instructions:
Mix all ingredients together in mixing bowl with fork or hands. Mix it with chunks of raw butter and top with kim-chi. Store in a glass in the fridge. Shelf life is 4 days in the fridge.

#12 Hickory Bison Tartare

Step 1: Sauce

- 1/2 cup chopped tomato
- 1 tablespoon coldpressed olive oil
- 1/2 cup sun dried tomatoes (soak for 1 hour)

Instructions:

Blend these 3 ingredients in a Vitamix or food processor.

- 1/4 cup chopped fresh basil
- 1/4 cup pitted dates
- 1/2 tablespoon raw honey
- 1/4 cup chopped red onion
- 1 tablespoon jalapeno
- 2 teaspoons crushed garlic

Add all these ingredients to blender with step 1, blend again until smooth.

Step 2: Main Dish

- 1 1/2 pound raw ground bison
- 1 cup blended sauce from above
- 1/4 cup chopped red onion
- 1/4 teaspoon curry powder
- 2 tablespoon coldpressed olive oil
- 2 teaspoon chopped fresh oregano
- 1/2 pound raw butter cut into small chunks

Instructions: Mix all ingredients together with hands, mix in raw butter chunks. Patty into burgers; top with raw mustard and fresh tomato.

#13 Raw Bison Burger - wrapped in red leaf lettuce

Ingredients:
- 1 pound raw ground bison
- 1 head red leaf lettuce (or any soft lettuce)
- 1/2 carrot stick chopped into tiny squares
- 1 celery stalk chopped into tiny pieces
- 1/4 finely chopped red onion

Instructions: Patty all ingredients together into burger shapes with hands.

Next, make the raw cheese sauce for the top of the patty:

- 1/2 pound unsalted raw farmers cheese (left on counter 6 hours to soften)
- 1 raw egg
- 3 tablespoons cold pressed olive oil
- 1 finely chopped jalapeno
- Squirt of fresh squeezed lemon juice
- 1/2 teaspoon Himalayan salt

Instructions:

Put all of the cheese sauce ingredients into a food processor and blend until smooth. Lay down the red leaf lettuce, put burger patty in middle, spread cheese sauce on, layer with raw mustard and fresh tomato, and wrap up edges of lettuce.

Chapter 21: Chicken Ceviche

Your new Favorite! Ceviche is an excellent way to introduce oneself to a raw paleo-primal diet in a way that is easily accessible, tasty, and initially less “raw” feeling.

Instructions for making great Ceviche:

1) Marinating
Traditionally ceviche is not marinated for very long. Sometimes lemon is simply squeezed on top of the ceviche and then served. However, these recipes call for 24 - 48 hours of marinating in glass jars placed in the fridge. This allows the chicken meat to “cold cook” thoroughly, which extends shelf life for 5-7 days when in a sealed jar in the fridge.

2) Removing the Lemon Juice
I have found that thoroughly squeezing the lemon juice out of the chicken is very important. This makes it less lemony. You can use a standard pressing device, or simply use a measuring cup and press the lemon out with your hands.

3) Hand-Cutting the Herbs
The fresher the ingredients, especially the herbs, the better the flavor. Also, for some reason hand cutting the herbs rather than using a Cuisinart seems to give a richer flavor.

*Directions for all chicken ceviche recipes:
Cut the raw chicken breast into 1/2 inch cubes and cover completely in lemon juice in a jar. Marinate the chicken for 48 hours in the fridge. Next, strain through a nut milk bag, cheesecloth, or anything finely meshed to really get the lemon out good! Squeeze bag hard or squeeze the chicken in your hands hard over a strainer. The lemon helps to break down chicken during marinating and softens it. Then prepare the recipes with the squeezed cold cooked chicken.

*I always use chicken breast for ceviches, but I have tried dark meat too. It was a bit tougher but still flavorful.

Melissa's Tip: The chicken ceviche recipes call for 2 cups of raw chicken, which equals about 3 chicken breast cut up and soaked in lemon.

#1 Curry Chicken Ceviche

Ingredients:
- 2 cups raw chicken "cooked" in lemon for 2 days, drained and squeezed
- 1 egg yolk
- 1/4 cup raw cream
- 6 tablespoons cold pressed olive oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons curry powder
- 1 chopped tomato
- 1 small minced garlic clove
- 1 teaspoon raw honey
- 1/2 teaspoon Himalayan salt

Instructions:
Mix egg yolk, cream, olive oil, apple cider vinegar, curry powder, and garlic with chicken together in a bowl. Then mix in raw honey, sea salt, and chopped tomatoes. Store in a glass jar in the fridge for 5 days.

#2 Cheddar Chicken Ceviche

Ingredients:
- 2 cups raw chicken "cooked" in lemon for 2 days, drained and squeezed
- 1 cup raw cheddar cheese (softened on counter for a few hours)
- 1/2 cups diced red onion
- 1 jalapeno
- 1 tablespoons apple cider vinegar
- Juice of one lemon
- 1/2 teaspoon Himalayan salt

Instructions:

In a food processor add softened cheese, red onion, jalapeno, apple cider vinegar, lemon juice, and salt. Then mix sauce together with chicken.

#3 Oregano Garlic Chicken Ceviche

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 1/2 cup raw white cheddar cheese (let sit on counter for a few hours to soften)
- 1 raw egg yolk
- 3 tablespoons chopped fresh oregano
- 2 minced garlic cloves
- 1 tablespoon apple cider vinegar
- 1 tablespoon raw honey

Instructions:
Put all ingredients except chicken in blender then mix with chicken. Top with fresh oregano.

#4 Basil Cream Chicken Ceviche

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 1 handful chopped fresh basil
- 1 mashed avocado
- 1/3 cup raw heavy cream
- 1 minced jalapeno
- 2 tablespoon chopped green onion
- 1 teaspoon raw honey
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon Himalayan salt

Instructions:
Mix chicken with chopped basil, mashed avocado, raw cream, minced jalapeno, chopped green onion, raw honey, Himalayan salt and cayenne

pepper in a bowl. Store in glass jar for 5 days in the fridge.

#5 Fresh Herb Chicken Ceviche

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 3 tablespoon chopped fresh parsley
- 4 tablespoon chopped fresh dill
- 2 tablespoon chopped red onion
- 2 tablespoon raw heavy cream
- 2 tablespoon olive oil
- 1/2 teaspoon Himalayan salt

Instructions:
Mix chicken, all chopped ingredients, olive oil, raw cream, and salt together with hands in a bowl. Store in glass jars for 5 days in the fridge.

#6 Sweet & Spicy Mint Chicken Ceviche

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 1/2 cup raw heavy cream
- 3 tablespoons mint leaves
- 4 tablespoons cold pressed olive oil
- Juice of one orange
- 1 teaspoon cayenne pepper

- 1/2 teaspoon Himalayan salt

Instructions:
Mix chicken with raw cream, mint leaves, olive oil, juice of orange, salt and pepper with hands in a bowl. Store in a glass jar for 5 days in the fridge.

#7 B.B.Q. Chicken Ceviche (inspired by Max Wolf)

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 3 tablespoons heavy cream
- 3 tablespoons chopped red onion
- 1 chopped tomato
- 2 minced garlic cloves
- 2 tablespoons cold pressed olive oil
- 1 teaspoon apple cider vinegar
- 2 teaspoon cumin powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon Himalayan salt

Instructions:
Mix chicken with raw cream, chopped onion, chopped tomato, olive oil, garlic, cumin powder, acv, pepper, and salt with hands in a bowl. Store in glass jars for 5 days in the fridge.

#8 Hawaiian Chicken Ceviche (inspired by Max Wolf)

Ingredients:
- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 1/4 cup raw cream
- 1 cup chopped pineapple
- 2 chopped finely celery stalks
- 1/4 cup chopped fresh tarragon
- 1/4 cup chopped fresh mint
- 2 tablespoon cold pressed olive oil

- 1 tablespoon raw honey
- 1/2 teaspoon Himalayan salt
- 1/2 cup coconut shreds (optional)

Instructions:
Mix chicken with raw cream, pineapple chunks, celery, tarragon, mint, olive oil, raw honey, and salt with hands in a bowl. Store in a glass jar for 5 days in the fridge.

#9 Country Chicken Ceviche (Inspired by Max Wolf)

This recipe can be a bit complicated at first with many steps. However it is so worth it and makes the most delicious, filling raw chicken recipe. It also does not have the lemony flavor of other ceviches. Note* this recipe will make a softer, more raw chicken than the traditional "cold cooked" versions of ceviche. Many raw paleo-primal eaters prefer this as well.

This recipe is different from the others because you will be soaking the chicken in a marinade instead of lemon, and then you will save the marinade and use it in the dish!

Step 1:
First make your marinade to soak the chicken in.
Marinade: 1 cup apple cider vinegar, 1 cup lemon juice, 1/2 cup olive oil. Blend in a blender and let chicken soak in this marinade for 48 hours in the fridge. Do NOT throw marinade out. Take the marinade after draining the chicken and add 2 teaspoons garlic and 1 Tablespoon of jalapeno to it and use it in the recipe below.

Ingredients:
- 2 cups raw chicken "cooked" in lemon for 2 days, drained and squeezed.
- 1 cup of marinade
- 2 chopped celery stalks
- 1/2 chopped cucumber
- 1 chopped carrot
- 1/4 cup chopped scallions

- 1 tablespoons fresh lime juice
- 1 teaspoon raw honey

Cayenne Country - add 1 teaspoon cayenne pepper

Instructions:
Mix chicken with marinade, celery, cucumber, carrot, scallions, lime juice, raw honey, and Himalayan salt with hands in a bowl. Store in a glass jar for 5 days in the

fridge.

#10 Simple Tomato Olive Oil chicken Ceviche

Ingredients:

- 2 cups raw chicken “cooked” in lemon for 2 days, drained and squeezed
- 1 cup chopped cherry tomatoes
- 1 bunch of chopped green onion
- 1/4 cup cold pressed olive oil
- 1/2 teaspoon Himalayan salt

Instructions:
Mix the chicken with the tomatoes, olive oil, and salt. Store in glass jar for 5 days in the fridge.

Chapter 22: Raw Fish Ceviche and Tartare

(Spice up your life)

Ceviche is raw fish marinated in lemon and then mixed with organic herbs and vegetables.

FISH CEVICHE-
It is best to use a mild boneless filet of a white fish for fish ceviche. I use a Pacific Sole, also known as flounder bought from a local farmers market. Generally Sole fish will have a less "fishy" taste and hold up to lemon really well. Cut the fish in ¼ inch to ½ inch cubes depending on consistency. A firmer fillet can be cut in smaller pieces and a softer one in larger pieces as it will marinate faster. Cut off any bits of skin, bones, or mushy side trim before marinating.

Cutting the fish

Sole/Flounder:
Cut off thin pieces around the edges of the fillet. Use the thicker centers.

Tuna:
Cut off the skin. Scrape all sides of the tuna with the knife, removing any scales. Don't worry about uniformity of size.

Halibut:
Cut the bottom, fatty dark "beige" colored flesh off if it is very thick. Don't worry about a little bit remaining.

Shrimp:
Shell the shrimp. Shell a large pile onto the cutting board. When the pile takes up most of the board, use a small knife to cut each shrimp into 4-5 pieces. You will probably do this 3-4 times.

Don't hesitate to sharpen the knife on the steel! I sharpen the knife every few minutes-every couple of pieces of fish! This ensures that the knife

doesn’t get dull and my work is faster and cleaner.

Tip #1. Rinse the fish in cold water if it smells fishy.

Tip #2. Use Yellow Fin Tuna.

Tip #3. If fish is firmer, cut into smaller pieces for soaking.

Tip #4. If fish is softer cut into larger chunks for soaking.

Tip #5. If fish is soft and mushy, use less lemon juice.

Tip #6. After marinating the fish, squeeze the lemon juice out really well.

#1 Tomato Cod Ceviche

Ingredients:
- 1 pound wild caught cod

Cut fish into 1/2 inch pieces and soak it in apple cider vinegar and olive oil. Put the cut up pieces in a glass jar. Cover the fish in liquid using 3 quarters of apple cider vinegar and 1 quarter olive oil. Cover jar with lid. Let sit for 24 hours in the fridge.

Instructions:
- After it’s done marinating, do not drain
- Add a 2 tablespoons fresh olive oil to the jar
- Add 1 cup chopped cherry tomatoes to jar
- 1/2 teaspoon cayenne powder to jar
- 1/2 teaspoon Himalayan salt to jar

#2 Halibut Ceviche

Ingredients:
- 1 pound raw Halibut soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1 small chopped red pepper
- 1/2 diced jalapeno
- 4 tablespoons chopped red onion
- 2 chopped tomatoes
- 1/2 cubed avocado
- 1 bunch chopped fresh chopped
- 1/2 teaspoon Himalayan salt

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add drained fish, red pepper, jalapeno, red onion, tomatoes, avocado, cilantro, and salt together and mix by hand in a bowl. Store in a glass jar in the fridge for 5 days.

#3 Sweet Creamy Ceviche

Ingredients:
- 1 pound raw Sole soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 3 tablespoons raw heavy cream
- 1 1/2 tomatoes chopped
- 2 tablespoons red onion chopped
- 1/2 avocado mashed
- 1 hand full fresh dill chopped
- 1 tablespoon raw mustard
- 1 teaspoon raw honey
- 1/2 teaspoon Himalayan salt

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add drained fish with raw cream, tomatoes, red onion, smashed avocado, fresh dill, raw mustard, raw honey, and salt

together and mix with hands in a bowl. Store in a glass jar in the fridge for 5 days.

#4 Spicy Seafood Melody

Ingredients:
- 1/4 pound shrimp soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1/4 pound crab soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1/4 pound lobster soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1 chopped tomato
- 1/2 cubed avocado
- 2 tablespoons chopped red onion
- 1/4 tablespoon chopped habanero
- 1 bunch of chopped fresh cilantro
- 2 tablespoons cold pressed olive oil
- 1/2 teaspoon Himalayan salt

Instructions:
Soak seafood covered in lemon juice for 24 hours. Drain and squeeze through a nut milk bag. Add drained seafood with tomato, avocado, red onion, habanero, cilantro, olive oil, and salt together and mix with hands in a bowl. Store in a glass jar in the fridge for 4 days.

#5 Simple Clean Ceviche

Ingredients:
- 1/2 pound flounder or sole soaked in lemon juice for 5 hours on the counter, drained and squeezed
- 1 cup fresh lime juice
- 1/4 peeled and diced into small cucumber cubes
- 1/2 thinly sliced white onion

- Raw honey (optional)
- Pinch Himalayan salt

Instructions:
Soak fish covered in lime juice for 5 hours. Drain and squeeze out lime juice with hands or nut milk bag. Add fish, cucumber, onion, raw honey, and salt together and mix by hand in a bowl. Store in a glass jar in the fridge for 5 days.

#6 Super Simple Ginger Poke Tuna Tartare

Ingredients:
- 1 pound yellow fin tuna soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 3 tablespoons chopped green onion
- 2 tablespoons ginger juice
- 3 tablespoons olive oil
- Pinch of Himalayan salt
- Pinch of cayenne pepper
- Squeeze of lemon juice

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add tuna with chopped green onion, ginger juice, olive oil, salt, pepper, and lemon and mix together by hands in a bowl. Store in a glass jar in the fridge for 5 days.

Fun decorating tip: Pour raw sour cream over the top to have my raw fat with my protein. Raw cream that is not soured coats the fish and makes it hard to digest.

#7 Spicy Dill Fish Ceviche (inspired by Max Wolf)

Ingredients:

- 1 pound halibut soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1/2 cup chopped tomato
- 1/4 cup chopped red onion (press excess juice out of onions)
- 1/2 loose cup chopped fresh dill
- 1 tablespoon jalapeno or to taste
- 1 tablespoon lime zest
- 2 tablespoons cold pressed olive oil
- 1 tablespoon raw honey
- 1/2 teaspoon Himalayan Salt

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add fish with tomato, onion, dill, jalapeno, lime zest, olive oil, raw honey, and salt and mix together with hands in a bowl. Store in a glass jar in the fridge for 5 days.

#8 Mango Fish Ceviche

Ingredients:
- 1 pound Flounder or Sole soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1/2 cup chopped tomato
- 1/4 cup red onion chopped (squeeze juice out)
- 1/2 cup chopped mango
- 1/2 cup chopped cilantro
- 2 teaspoons grated ginger (grate on micro-plane)
- 3 tablespoons cold pressed olive oil
- 1 tablespoons raw honey

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add fish tomato, onion, mango, cilantro, ginger, olive oil, and raw honey in a bowl and mix by hands. Store in a glass jar in the fridge for 5 days.

#9 Sweet Ginger Lime Fish Ceviche

Ingredients:
- 1 pound Flounder or Sole soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 3/4 cup chopped tomato
- 1/8 cup chopped red onion (squeeze excess juice out)
- 1/4 cup chopped fresh cilantro
- 1 1/2 teaspoon grated ginger (grate using a micro-plane)
- 3 tablespoons cold pressed olive oil
- 2 tablespoons raw honey
- 1 teaspoon lime zest (zest on micro-plane)

Instructions:
Soak fish covered in lemon juice for 24-48 hours. Drain and squeeze through a nut milk bag. Add fish tomato, onion, cilantro, ginger, olive oil, lime zest, and raw honey in a bowl and mix by hands. Store in a glass jar in the fridge for 5 days.

#10 Tuna Salad Fish Ceviche

Ingredients:
- 1 pound tuna soaked in lemon juice for 24 hours in the fridge, drained and squeezed
- 1/2 cup raw mayo
- 1/4 cup raw cream
- 1 chopped celery stalk

- 1/4 cup chopped pickles
- 1/2 cup chopped apples into small squares
- 4 tablespoons raw mustard

Instructions:
Cut the fish into 1/2 cubes. Soak the fish in lemon juice for 12-24 hours in the fridge in a glass jar. Drain the fish. squeeze through a nut milk bag to remove as much lemon juice as possible. Add all ingredients to fish in a bowl and mix.

Pickle Recipe for Tuna-

Ingredients:
- 2 cucumbers
- 1 cup apple cider vinegar
- 1 cup Sparkling Mineral water
- 1 tablespoons raw honey

Instructions:
Slice cucumbers lengthwise in quarters to fill 32 oz. quart jar. Cut off and discard soft seed section. Place cucumbers in jar. Add acv, sparkling mineral water, and raw honey together in a blender and blend until smooth. Pour mixture in jar over cucumbers and fill to top. Cap and place in fridge for 1-2 weeks.

#11 Spicy Garlic Shrimp Ceviche

Ingredients:
- 1 pound shrimp soaked in lemon juice for 25 hours in the fridge, drained and squeezed
- 1/2 cup fresh orange juice
- 1/4 cup chopped fresh dill
- 1/2 cup sauce

Sauce:
- 1/2 cup chopped tomato
- 1 teaspoon ginger (grated on a micro-plane)

- 1/4 cup cold pressed olive oil
- 1 tablespoons raw honey
- 1 tablespoons apple cider vinegar
- 1 inch of minced habanero
- 4 minced cloves garlic

Instructions:
Place 2 cups peeled and de-veined shrimp cut in small pieces in glass jar. Cover with fresh squeezed lemon juice and orange juice. Place in fridge, and allow to marinate for 48 hrs. After marinating, drain lemon and orange, and then squeeze shrimp to remove excess juice.

For the Shrimp Sauce, blend tomatoes, ginger, olive oil, honey, lime zest, and apple cider vinegar in blender. Mince jalapeno and garlic into paste in food processor. Mix shrimp with tomato sauce and jalapeno garlic paste. Store in a glass jar in the fridge for 5 days.

Chapter 23: Raw Organs
(Healing Power)

#1 Raw Liver Pate (inspired by: Anthony Farano)

Ingredients:
- 1/2 cup raw bison liver (cut into 1/2 inch squares to be kind to the blender)
- 3/4 cup butter (softened)
- 2 raw eggs
- 2 tablespoons of chopped red onion
- 3 inches of grated ginger (grate on a micro plane)
- 3 inches of grated turmeric (grate on a micro plane)
- 2 tablespoons of raw mustard
- 1-2 tablespoons of raw honey
- 1/2 teaspoon Himalayan salt
- Shot of apple cider vinegar

Instructions:
Soak the chopped liver in raw milk for 20 minutes before making. Rinse off with filtered water. Squeeze dry with hands. Add the liver, softened raw butter, raw eggs, chopped red onion, grated ginger, grated turmeric, raw mustard, raw honey, apple cider vinegar and salt to the Vitamix and blend

until smooth. It may take 5 minutes to blend smooth. Store in a glass jar in the fridge for 2 weeks.

#2 Chicken Liver Smoothie

Ingredients:
- 1 raw chicken liver
- 1 1/2 cup raw cow's milk
- 3/4 cup fresh blueberries
- 4 strawberries
- 1 raw egg
- 1/4 cup raw heavy cream
- 3 tablespoons raw honey
- 1 cup ice

Instructions:
Add chicken liver, raw milk, blueberries, strawberries, raw egg, raw heavy cream, raw honey, and raw ice to the Vitamix and blend until smooth. Store in a glass jar in the fridge for 5 days.

#3 Heart Carpaccio

Ingredients:
- 1/2 pound of raw bison heart
- 1 small thinly sliced white onion
- Cold pressed olive oil

- Cayenne pepper
- Himalayan Salt

Instructions:
Thinly slice the raw heart and place on the plate. Next top with thinly sliced white onion, drizzle with olive oil and shake some cayenne pepper and Himalayan salt on top.

Chapter 24: Raw Bone Marrow

(Rejuvenating Delicacies)

#1 Strawberry Marrow Mousse

Ingredients:
- 1/4 cup or 1 long bone of fresh raw bone marrow (preferably never frozen beef bones from a local butcher)
- 1 cup strawberries
- 2 tablespoons raw butter (softened)
- 1 raw egg
- ½ cup raw cream
- 1 tablespoon raw honey
- Pinch of Himalayan salt (optional)

Instructions:
First scrape the marrow from the bone and add to the Vitamix. Add strawberries, raw butter, raw egg, raw honey, and salt to the Vitamix and blend until smooth. Make sure the raw butter is softened for this recipe.

Next, add the raw heavy cream to the blender and blend slow on a low speed for a few seconds. The goal is to blend the least amount as possible once the heavy cream is in the blender. Blend a minute too long, and the heavy cream turns into butter and it's not a good constancy for the mousse. If it gets chunky/gritty, keep blending. Store in a glass jar in refrigerator. Shelf life 5 days.

#2 Vanilla Bone Marrow Custard

Ingredients:
- ¼ cup or one long bone of raw bone marrow (preferably never frozen beef bones from a local butcher)
- 3 tablespoon raw butter (softened)

- 2 raw eggs
- 2 tablespoon melted coconut oil
- 1 teaspoon raw vanilla bean powder
- 1 tablespoon raw honey
- Pinch of Himalayan salt (optional)

Instructions:
First scrape the marrow from the bone and add to the Vitamix. Add raw butter, raw eggs, melted coconut oil, raw vanilla bean powder, and raw honey and blend until smooth. If it gets chunky/gritty , keep blending right through that stage. Store in a glass jar in refrigerator. Shelf life 5 days.

#3 Creamy Chocolate Marrow Mousse

Ingredients:
- 1/4 cup or 1 long bone of raw bone marrow (preferably never frozen beef bones from a local butcher)
- ½ cup raw butter (softened)
- 1 raw egg
- ½ cup raw heavy cream
- 3 tablespoons raw cacao powder
- 1 tablespoon raw honey

Instructions:

First scrape the marrow from the bone and add to the Vitamix. Add raw butter, raw egg, raw cacao powder, and raw honey and blend until smooth. If it gets chunky/gritty, keep blending right through that stage.
Next, add the heavy cream to the blender and blend slow on a low speed for a few seconds. The goal is to blend the least amount as possible once the heavy cream is in the blender. Blend a minute too long, and the heavy cream turns into butter and it's not a good constancy for the mousse. Serve. Store in a glass jar in refrigerator. Shelf life 5 days.

#4 Orange Cream Bone Marrow Mousse

Ingredients:
- 1/4 cup or 1 long bone of raw bone marrow (preferably never frozen beef bones from a local butcher)
- 1 raw egg
- ¼ cup fresh orange juice
- ½ cup raw cream
- 2 tablespoons raw honey

Instructions:
First scrape the marrow from the bone and add to the Vitamix. Add the raw egg, fresh orange juice and raw honey and blend until smooth. If it gets chunky/gritty , keep blending right through that stage.
Next, add the raw heavy cream to the blender and blend slow on a low speed for a few seconds. The goal is to blend the least amount as possible once the heavy cream is in the blender. Blend a minute too long, and the heavy cream turns into butter and it's not a good constancy for the mousse. Serve. Store in a glass jar in refrigerator. Shelf life 5 days.

#5 Pineapple Marrow Pudding

Ingredients:
-1/4 cup or 1 long bone of raw bone marrow (preferably never frozen beef bones from a local butcher)
- 1/2 of a pineapple
- 5 tablespoons raw butter (softened)
- 1 raw egg
-1 tablespoon raw honey

Instructions:
Scrape the marrow from the long bone and add to the Vitamix. Add chopped pineapple, raw butter, raw egg, raw honey and blend until smooth. If it gets chunky/gritty , keep blending right through that stage. Store in a glass jar in refrigerator. Shelf life 5 days.

Chapter 25: Lightly Simmered Bone Broth

A cup of beauty! When making bone broth, we are honoring the whole animal. Incorporating chicken feet in your broth will provide you with the most gelatinous-rich broth. You can buy frozen or fresh chicken feet from a local farmer.

Instructions: Chicken Broth (Plain)

1. Place a whole pastured chicken, or three pounds of bones, in a full pot of filtered water (Approx. 4 quarts) in a large ceramic pot or a slow cooker.

2. Add 2 tablespoons of raw apple cider vinegar. (The acid facilitates the leaching of minerals and gelatin).
Tip: If you don't like the taste of vinegar, add 2 tablespoons of sherry white wine or lemon.

3. Allow the pot to sit on the stove, without any heat, for 20 minutes with the vinegar and bones in it.

4. Cover and place the pot on the lowest temperature, and simmer for 16-24 hours.

5. Allow to cool and strain into jars or large bowl through a fine strainer.

6. Refrigerate.

7. Remove the fat, which rises after it’s been chilled. (optional)

Melissa's tip: I double stack the metal frame surrounding the burner so that the pot is farther away from the flame and therefore not as hot.

Instructions: Beef Broth (Plain)

1. Add 3 pounds of soup bones (marrow and knuckle) to 4 quarts of filtered water in a large ceramic pot or slow cooker.

2. Add 2 tablespoons of raw apple cider vinegar. (The acid facilitates the leaching of minerals and gelatin).

Tip: If you don't like the taste of vinegar, add 2 tablespoons of sherry white wine or lemon juice.

3. Allow the pot sit on the stove, without any heat, for 20 minutes with vinegar and bones in it.

4. Cover and place the pot on the lowest temperature, and simmer for 24-48 hours.

5. Allow to cool, and strain into glass jars or a large bowl through a fine strainer.

6. Refrigerate.

7. Remove the fat, which rises after it's been chilled.

Melissa's tip: To add flavor you can add some garlic, Himalayan sea salt or cayenne pepper. If you want to flavor the broth with vegetables and herbs, you may do so during the last two hours of simmering. Common vegetables used are carrots, onions, celery, parsley, bay leaves, and peppercorn.

Chapter 26: Raw Beauty

DIY the raw paleo-primal way! If you can't eat it, I wouldn’t recommend putting it on your skin. Skin products absorb right into your blood stream and add to the toxic load in your body. If someone is ill, eliminate all personal products. They are toxic! The ingredients used in personal care products can disrupt hormones, impede digestion, brain function, reproductive health, and more. It’s just wise to be aware of how many “products” and potential toxins we are putting on everyday.

Would you eat the shampoo that’s in your shower right now?

#1 Fermented Coconut Cream (= Soap)

Instructions:
Take fresh homemade coconut cream in shower after it’s gone bad (fermented) if you haven't finished eating it. It's the best soap (antibacterial), and your skin will stay soft all day.

Fun fact: 50 years ago, 90% of soaps contained coconut cream.

#2 Natural Deodorant

Ingredients:
- 2 tablespoons melted coconut oil
- 2 tablespoons arrow root powder
- 2 tablespoons baking soda

Instructions:
Combine all equal parts of the above ingredients and mix in a bowl. Add a few drops of lemon grass oil and/or tea tree oil (antibacterial) for fragrance. This deodorant has a six-month shelf life at room temperature.

#3 Raw Deodorant

Instructions:
Rub lemon juice under your arms or your favorite essential oil. If you can't get rid of a strong smell, bathe in raw apple cider vinegar daily for 30 days. Add 1-2 cups of apple cider vinegar to your bath.

#4 Raw Honey Mask

Instructions:
Apply raw honey to face after pores are open from steam. Let sit for 15 minutes, relax, and rinse with warm water.

Melissa's tip: I also like to sleep with a light layer of raw honey applied directly to my face and rinse in the morning. Try it for a nice glow.

#5 Raw Egg Shampoo

Instructions:
Add 1 raw egg, the juice of 1 squeezed lemon, and 2 tablespoon of raw apple cider vinegar in a glass mason jar and shake it very well. Then take jar into shower and lather hair and wash. It provides great protein for hair! Rinse with cool water. If the water is too hot you will cook the egg in your hair and find white pieces.

#6 Bone Marrow Face Cream

This skin creams feeds your skin—it's hungry! You can apply this on the face and your whole body, including cuts, wounds, and sunburn.

Ingredients:
- 2 tablespoons fresh raw bone marrow

- 2 tablespoons softened raw butter
- 2 tablespoons raw heavy cream
- 2 tablespoons fresh lemon juice

Instructions:
Scrape the marrow from the bone and put in the Vitamix. Add butter, cream, and lemon juice to a blender and process until smooth. Apply to face; dab some off if too oily or apply at night. Place in a small glass and store in the refrigerator.

#7 Raw Primal Cream

Ingredients:
- 2 tablespoons raw cream
- 2 tablespoons softened raw butter
- 2 tablespoons raw coconut cream (make fresh from mature coconut meat on your green star juicer)
- 1 tablespoons fresh lemon juice

Instructions:
Soften the raw butter with a double boil method. Place all ingredients in a blender and blend. Store in the refrigerator in a glass jar.

#8 Cave Woman Cream (Tallow Skin Care)

*not raw but excellent cream, shelf life 6 months

Ingredients:
- 80% beef tallow (100% organic rendered tallow)
- 20% cold pressed olive oil
- 1-2 small bottles of Ylang Ylang essential oil (choose your favorite scent)

Instructions:
Lightly warm the tallow in a pan until liquid. Add the olive oil and the essential oil. Place in a glass jar. Stores up to 6 months at room temperature.

#9 Ginger & Butter Toothpaste

Ingredients:
- 2 tablespoons raw butter (softened)
- 1/2 teaspoon juiced ginger juice

Instructions:
Mix well, put in small glass jar. Lasts 5 days on counter, or longer in the refrigerator.

#10 Raw Butter Soap

Instructions:
I had been traveling and forgotten soap, but sure enough I had raw butter with me! So I brought it in the shower and literally "buttered me up" with it. It had a bit of a natural smell but my skin was so soft, conditioned, and protected! You can use butter for massages, lubrication, soap, toothpaste...

#11 Warm Butter Massage

No explanation needed...

#12 Homemade Toothpaste

Ingredients:
- Pinch Colostrum powder
- Pinch Bentonite Clay
- Pinch of turmeric powder
- Pinch Magnesium oil (optional)
- Pinch Peppermint oil (optional)

Instructions:
Combine equal parts of all ingredients and mix together; store in tiny glass jar

PART THREE: CITATIONS & REFERENCES

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